HELLO!
CANADA

PRINCESS KATE'S LITTLE STARS

'From our family to yours'

INSIDE
THE LATEST ON LOUIS, GEORGE & CHARLOTTE'S CORONATION ROLES

NO. 864-865 • 10 APRIL 2023

WEDDING EXCLUSIVE

LADY AMELIA SPENCER

PRINCESS DIANA'S NIECE MARRIES IN A SUNSET CELEBRATION

PLUS *SCHITT'S CREEK* STAR ANNIE MURPHY ON CONFIDENCE & HER CHILDHOOD CRUSH

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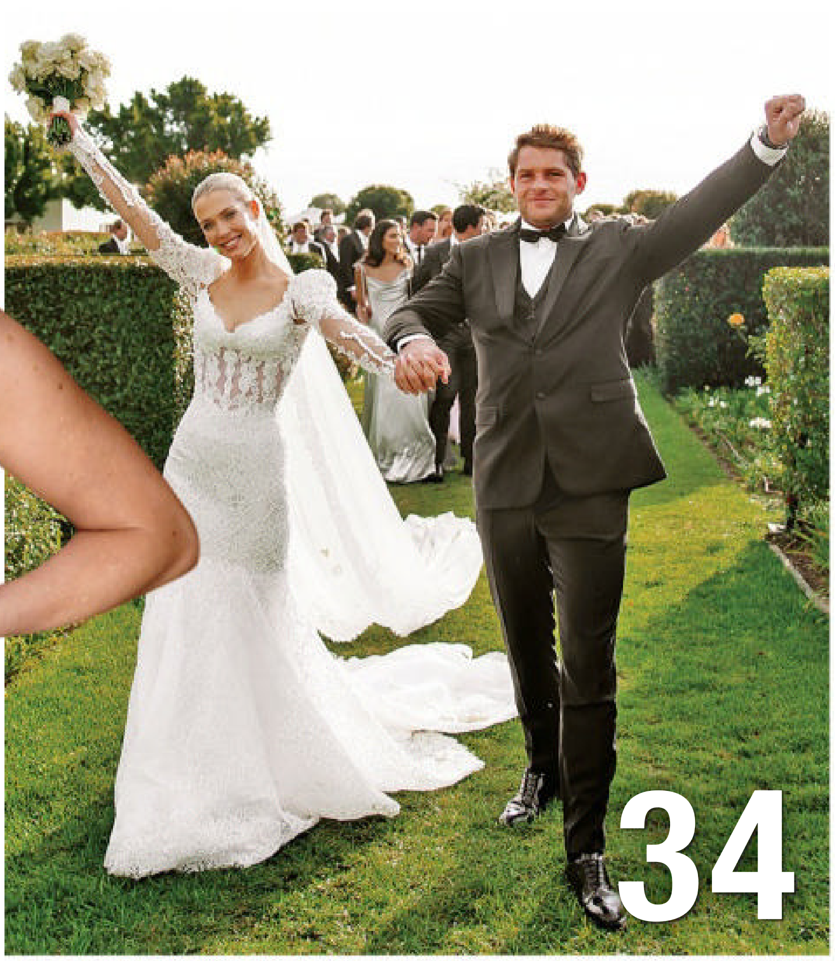
THIS WEEK



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CLOCKWISE FROM LEFT: STEVE GRANITZ/GETTY IMAGES; AYEH.K PHOTOGRAPHY & MISCHA DURRANT PHOTOGRAPHY; MATT PORTEOUS/THE PRINCE AND PRINCESS OF WALES; STEVE GRANITZ/GETTY IMAGES; DEMI MOORE INSTAGRAM; CHRIS JACKSON/GETTY IMAGES

editor's letter

One of *Hello!*'s hallmarks, ever since our inception almost 80 years ago, has been the brand's exclusive behind-the-scenes access to some of the world's biggest celebrity and royal life events. This week, we're proud to usher you into a front-row seat at the wedding of Lady Amelia Spencer (daughter of Earl Spencer and niece of Diana, Princess of Wales), who said "I do" to her true love, Greg Mallett, on a mountaintop in the winelands of South Africa's Western Cape.

Africa is a continent with a great deal of resonance in Diana's family. Princes William and Harry have been visiting since they were children, and both had milestone moments there with their future wives. William proposed to Kate in Kenya in 2010 (he later admitted that he carried his late mother's ring around with him for days while hiking, just waiting for the right moment to pop the question!), while Harry famously flew Meghan to Botswana for their third date in 2016. Sadly, neither brother could make it to their cousin's wedding, but we're sure they're thrilled for the newlyweds, whose love story began when they were just teens.

We also chat with famed royal photographer Chris Jackson, who shares his secrets about getting William's children, Prince George, Princess Charlotte and Prince Louis, to give us those magical and memorable moments on-camera.

They say a picture speaks a thousand words, and, again harking back to its origins, *Hello!* was designed right from the outset to captivate visually as well as engage emotionally. No surprise, then, that Instagram is a hugely popular platform with our readers. After all, *Hello!* – or, rather, its sister magazine, *Hola!* – was the original Instagram, using pictures to tell the story. If you don't already follow us there, just look for @hellocanadamag. But be warned: it's addictive!

Sincerely,

Alison

Alison Eastwood, Editor-in-Chief

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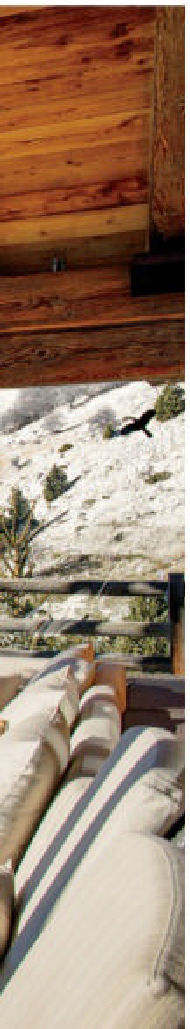
EXCLUSIVE INTERVIEW & PHOTOS

AT HOME WITH THE SWISS FINANCIER AND DESIGNER

SOPHIE BONVIN

IN THE SNOWY SKI PARADISE OF VERBIER, SHE REVEALS HOW HER STUNNING CHALET SPRANG FROM THE SLOPES

Etoile de ciel



'When my partner built this house, he wanted the mountains to seem close enough to touch'

Sophie relaxes with her five-year-old St. Bernard, Nimba. The four-storey chalet, named Etoile de Ciel (above left), is nestled in the Alps (below left).

High up in the Alps, with a breathtaking panorama of mountain peaks, the Swiss resort of Verbier couldn't be more picturesque. Add to that a host of pristine ski slopes and a nearly 10-kilometre toboggan run and it is simply a winter paradise. Naturally, the village's typical wooden chalets – rustic on the outside, tastefully modern on the inside – are in high demand. With their elegant high-ceilinged rooms and huge sun-soaked terraces, they reflect the soul of a place known as much for its social life as for its sports, as we learn when we visit Etoile de Ciel, the beautiful home of designer Sophie Bonvin. Here, as she says, the Alps seem "close enough to touch."

An optimistic, ambitious woman who hates routine, Swiss-born Sophie moved to Mexico, Miami, Peru and Singapore as she built a career in wealth management. Back home, she became partner in a prestigious firm before deciding that it was time to branch out further. In 2015, she launched ▶

Sophie in the main living room (also below), where there is plenty of space to entertain guests. The slate fireplace chimney (right) is three metres tall, while the art on show includes a colourful work by Swiss contemporary artist John Armleder (opposite, bottom right).

her own luxury bags and accessories brand, The Collector.

Here, she talks about finance and fashion and tells us how her partner built their stunning home.

Sophie, how did you get to where you are today? I grew up here in the Swiss mountains in a ski resort called Crans-Montana. Even as a child, I loved fashion and thought about studying design in Milan. But I realized it would be hard to make a living at this in Switzerland. At school, I'd always been good at numbers and math, so I decided to aim for the financial sector and studied economics in Geneva.

Tell us about your travels. In my first job with a Swiss bank, I got the chance to go

'What made me fall in love with my fiancé is how sociable he is and how well he treats people'

to Miami for two years. I needed to speak Spanish, so I spent three months studying in Mexico, where I discovered the Latin world, which fascinated me. I loved how cheerful and hospitable the people were and the way they enjoyed life. So after Miami, I got a transfer to Peru. My three years there were an incredible experience, but there was such an inequality in wealth. It made me realize that, along with pursuing my career, I would need to give something back. Then, in Singapore, I studied at the famous INSEAD business school. It was interesting to get to know Asian culture, which is so different.

Then, after seeing the world, you came back to Switzerland. Yes. And after a couple of years, a friend from Miami ▶

'The windows – especially the huge French windows in the living room – bring nature inside. You feel you could reach out and touch the trees'

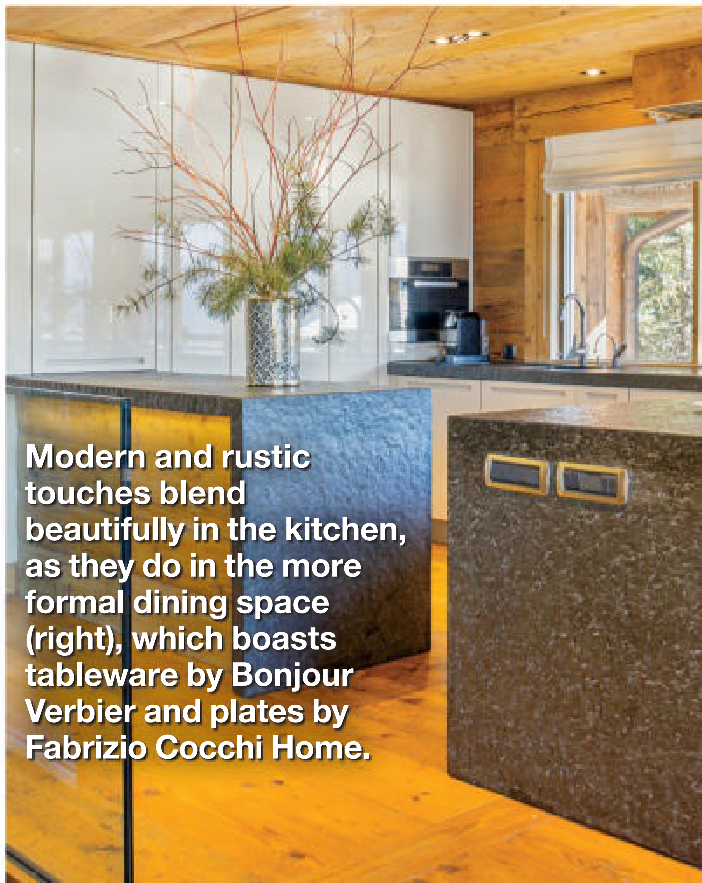
The open-concept living room (above right), furnished with armchairs and sofas by Giorgetti, offers spectacular views of the surroundings.

set up EuroCapital Advisors and asked me to partner with him. I opened our Swiss office and worked mainly with South America. Stepping out of a big company and into our own venture has given me a lot more independence and the chance to be creative.

Tell us about your creative side. I've always liked art and followed auctions and fairs like the Venice Biennale. Of course, my other passion is fashion. I founded my brand with an architect friend eight years ago. Now she's retired, so it's completely mine. It's called The Collector because we make unique items in collaboration with artists – pieces to collect and keep for life. What fascinates me most is how you can mix different textured leathers and other materials to create something truly luxurious and special.

You live here with your partner. How did you meet? We've been together for 15 years now. It was very funny – I met my fiancé through a friend. She was doing PR for one of the yacht teams competing in the America's Cup, and my partner is a keen competitive sailor. She happened to be on his boat when he asked her, "Surely you know someone you can introduce me to?" And she said, "Yes, I know the perfect woman."

She invited both of us to an art event she was organizing in Geneva. It was 2008 and, on that exact day, the financial markets crashed, so it was



Modern and rustic touches blend beautifully in the kitchen, as they do in the more formal dining space (right), which boasts tableware by Bonjour Verbier and plates by Fabrizio Cocchi Home.

definitely not the best time to meet. But later, he invited me to Monaco, where he surprised me with a date at the aquarium. Despite having visited the principality a million times, I'd never been there. It made me realize how passionate he is about the sea. What made me fall in love with him is how sociable he is and how well he treats people, both his friends and his employees. He has a very sensitive side.

Tell us about this house. Who built it? He did. He had a major telecom company, and when he sold it, he wanted to spend more time enjoying life. Because he loves sports, he started visiting Verbier and then went into business constructing chalets. When he came to build his own house here, he wanted the mountains to seem close enough to touch. The location is ideal because the view we have is breathtaking from every angle and we can walk straight up to the ski slopes.

What about the style? Like the typical chalets in Verbier, it has a bit of a farmhouse feel, with lots of wood and lots of space. We salvaged wood from other old chalets to use on the exterior and interior and to make custom furniture. The house has plenty of room for people to stay but feels cozy when it's just us. We have four guest bedrooms, a swimming pool and a gym. The master bedroom on the top floor is like a loft – all open-plan – and, of course, looks toward the mountains.

There are also beautiful paintings and sculptures to look at. We've acquired our collection gradually. Some of the works you see ▶

‘With four guest bedrooms, the house has plenty of room for people to stay but feels cozy when it’s just us’

here were created especially for us. One that’s full of colour and energy is by John Armleder, who, in my opinion, is Switzerland’s best contemporary artist. He worked with me on a charity project to raise funds to build a school in South Africa and to support the Make a Wish Foundation.

You devote a lot of energy to charitable work. Philanthropy matters a lot to me, and that’s why I’m using my company to raise awareness of good causes.

You and your partner have sailed most of the way

The open-plan master bedroom (above right) is reached by a glass-framed staircase. For visitors, a guest bathroom (right) with a sink made of a single piece of rock weighing almost 60 kilograms.

'The view we have is breathtaking from every angle and we can walk straight up to the ski slopes'

The indoor swimming pool (here and below), gym and ski room provide plenty of entertainment for guests.

around the globe. What has been your most exciting voyage? One of the most fascinating took us to the islands of San Blas and then through the Panama Canal. In the Pacific, we've been to Bora-Bora, Polynesia, the Marquesas Islands, Fiji, southern Chile and Brazil. The chance we get to experience other cultures is an amazing inspiration.

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MOVING FORWARD WITH 'LOVE' AND 'KINDNESS'

REESE WITHERSPOON

THE HOLLYWOOD STAR SURPRISES FANS AS SHE REVEALS HER SPLIT FROM HUSBAND JIM TOTH

Reese and Jim announced their separation just days before their 12th wedding anniversary. Right: The couple in happier times, after saying 'I do' in March 2011.

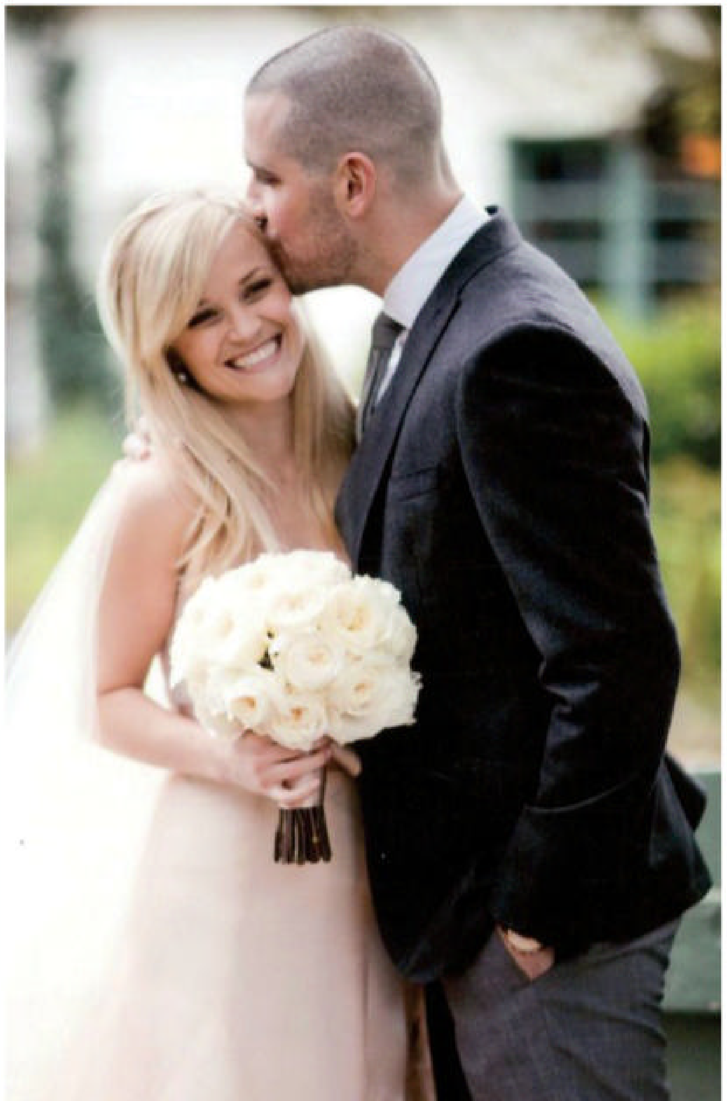
It's a Hollywood ending no one expected. After more than a decade of marriage, superstar Reese Witherspoon and Tinseltown agent Jim Toth are going their separate ways.

Just two days before what would have been their 12th wedding anniversary, the award-winning actress, 47, and her beau, 52, took to Instagram to announce that "with a great deal of care and consideration," they've made the "difficult decision to divorce.

"We have enjoyed so many wonderful years together and are moving forward with deep love, kindness and mutual respect for everything we have created together," they wrote in a joint statement. "Our biggest priority is our son and our entire family as we navigate this next chapter," added the couple, who share 10-year-old Tennessee. Jim was also a stepfather to Reese's two older children – daughter Ava, 23, and son Deacon, 19 – from her first marriage to actor Ryan Phillippe.

Admitting that "these matters are never easy," Reese and Jim concluded their message by saying, "We truly appreciate everyone's respect for our family's privacy at this time."

News of their separation – which is said to have been a mutual decision – came as a shock



FROM LEFT: JON KOPALOFF/GETTY IMAGES; REESE WITHERSPOON INSTAGRAM (5)

'We have enjoyed so many wonderful years together'

to devoted fans of the couple, who had been the picture of happiness since they got together 13 years ago.

HOLLYWOOD LOVE STORY

After meeting at a party in January 2010, Reese and Jim sparked up a whirlwind romance, dating for less than a year before announcing their engagement that December. A few months later, in March 2011, they tied the knot in an intimate ceremony held at Libbey Ranch – her former country home in Ojai, Calif. "I got very lucky," the *Legally Blonde* star later gushed to *Marie Claire* of her new husband. "He's wonderful. And so wonderful with the children. I'm very blessed."

Over the years, the two have been each other's biggest cheerleaders, with Jim encouraging Reese to get into producing. "He said, 'You read more books than anybody I know. You should just buy some of them and turn them into films,'" she told *Harper's Bazaar* in 2016, the year she founded her media company, Hello Sunshine.

And Reese often took to social media to inform her millions of fans about Jim's finer qualities.

"Everything you do, you put in 1,000%," she wrote of her "sweet hubby" on his 50th birthday in 2020. "Whether he's training for a triathlon, giving back to his community, supporting his friends or loving his family, he gives his whole heart to so many people every day."

The next chapter of Reese and Jim's story won't be easy to navigate. But if their history tells us anything, they'll continue to lead with love.

REPORT: SARAH TRUMBLEY

The former couple (above, at the Golden Globes in 2020) are said to be very committed to co-parenting following their divorce (below right, with son Tennessee in a photo posted in January, and above left, with the whole family, including Ava and Deacon, Reese's children with ex Ryan Phillippe). Below left: Reese enjoys a sporty day with her boys last May.

‘HE IS PURE LOVE. HE IS SO LOVED’

BRUCE WILLIS

THE BELOVED ACTOR IS FETED BY HIS BLENDED FAMILY ON HIS 68TH BIRTHDAY

With her baby bump on full display, Rumer Willis cuddles up with her mom, Demi Moore, at her recent baby shower. ‘It’s an honour to witness your journey into motherhood,’ the grandma-to-be recently posted.

The father of five basks in the love of the ‘Ladies of Willis/Moore,’ as they call themselves (from L): wife Emma, Evelyn, Tallulah, Scout, Mabel, ex-wife Demi and pregnant Rumer.

Looking especially happy and content on his special day, Bruce Willis celebrated his 68th birthday with cake, cheers and a whole lot of love from his diehard fans, family and friends.

The legendary action star – who is battling frontotemporal dementia (FTD) – was the centre of attention at an intimate home party attended by the beautiful women in his life, including wife Emma Heming Willis, 44, and their daughters, Mabel, 10, and Evelyn, 8. Also joining in the fun were Bruce’s ex-wife, actress Demi Moore, 60, and their daughters, Rumer, 34, Scout, 31, and Tallulah, 29.

“So glad we could celebrate you today,” shared Demi, along with a touching video of the family singing “Happy Birthday,” with Bruce joining in on the song. “Love you and love our family. Thank you to everyone for the love and warm wishes – we all feel them.”

The festivities came a week after the close-knit clan toasted mom-to-be Rumer at a star-studded baby shower in Los Angeles. Though missing her dad that day, the *Dancing with the Stars* winner looked angelic in a form-fitting white dress and no shoes as she joined her boyfriend, indie musician Derek Richard Thomas, 28, at the piano to serenade their beaming guests.

“I am the most excited to meet this little person and see who they are,” Rumer told *Page Six* of Bruce and Demi’s first grandchild. “I can’t wait to hear their little laugh. I am honestly just excited for all of it, even the tough stuff. It is such a privilege to bring a child into the world, and I just feel so happy.”

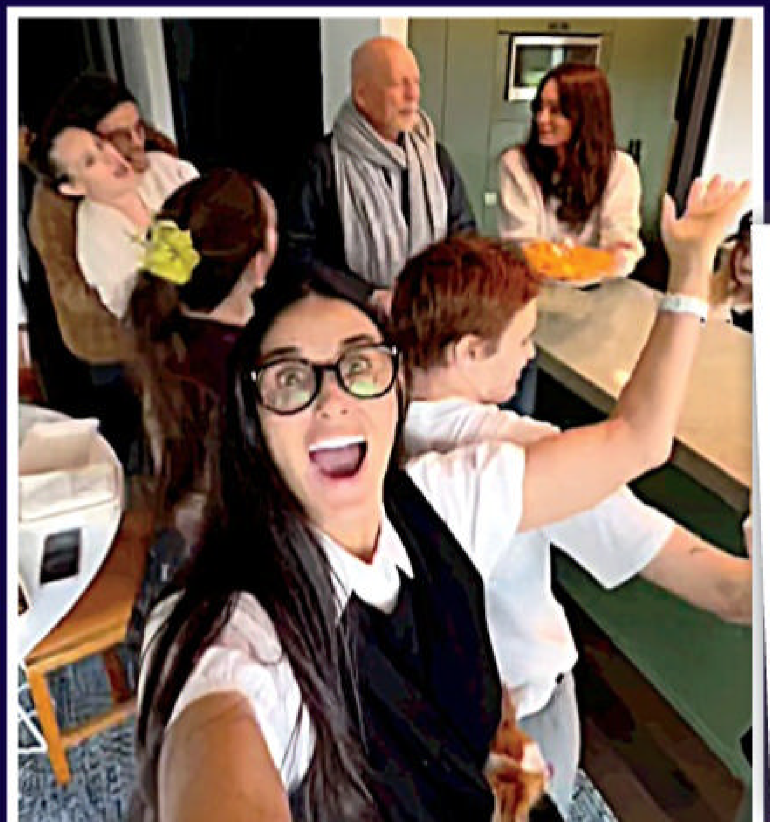
‘SENSITIVE PISCES SOUL’

The tightly knit family have been rallying around Bruce – as well as one another – since the *Red* star was diagnosed a year ago with aphasia, a neurological disorder that affects speech. Since updating fans on his new diagnosis – which has no known cure or treatment – they have been united in his care.

“He is pure love,” Emma wrote in a heart-rending post. “He is so loved. And I’ll be loving him always. My birthday wish for Bruce is that you continue to keep him in your prayers and highest vibrations because his sensitive Pisces soul will feel it. Thank you so much for loving and caring for him, too.” ■

REPORT: SUZANNE WINTROB

Bruce will be a first-time grandpa when his eldest daughter, Rumer (above left), gives birth. ‘Happy birthday, Daddio,’ she posted. ‘I love you to the moon. You are so cool.’ Two days after the actor’s party (below), he and wife Emma (above right) celebrated their 14th wedding anniversary.



BRUCE’S CO-STAR REFLECTS ON A ‘HERO’

Having slayed Hollywood in countless roles, including *Moonlighting* and the *Die Hard* franchise, Bruce Willis was forced to retire last year due to illness.

Still, fans will get to see him in two upcoming movies: *Detective Knight: Independence*, opposite actor Jimmy Jean-Louis (above and below), and *Assassin*, Bruce’s final film.

Friend and co-star Jimmy – who first met Bruce on 2003’s *Tears of the Sun* – tells *Hello! Canada* that most people on the *Independence* set weren’t told about Bruce’s health issues, but it was clear that something was amiss: “There were difficult moments, and you could see that he did not have all his abilities.”

And while the veteran actor appeared to have some memory loss and “difficulty finding his feet,” Jimmy says he was struck by “the strength in his eyes and that little smile he can trigger at any time. When there was a close-up on him [or] when I was in front of him, I had the feeling of [being with] the hero of ’90s action movies. You can’t take him away.”

INTERVIEW: FRANCK RAGAINE

LEFT TO RIGHT, TOP TO BOTTOM: MICHAEL SIMON/SHUTTERSTOCK; DEMI MOORE INSTAGRAM; JIMMY JEAN-LOUIS INSTAGRAM; DEMI MOORE INSTAGRAM (3); ALAMY

FROM 'SKATER DUDE' TO HOLLYWOOD HOTSHOT

SETH ROGEN

THE CANADIAN STAR TALKS ABOUT DREAM ROLES, MARRIED LIFE AND THE SECRET TO HIS SUCCESS

Is it ever possible to truly pinpoint the secret to someone's success? Even if they're as talented as Seth Rogen, fortunes have to align. But there's a story that the Vancouver native tells about his youth that suggests, for him, persistence may have been key.

"I wasn't very athletic," he recalls of his formative years, when he joined a bunch of kids in karate lessons. "When we started, I was the worst of the bunch. And then just because everyone else quit, three years later I was at the top of the class and there were 25 Jewish kids who were worse than me! That was always tangible: just by not stopping, I became the best one!"

Seth – whose earliest days were spent in stand-up comedy – hasn't stopped since he broke out in the 1999 TV series *Freaks and Geeks*. Next came superstar status thanks to a string of big-screen megahits, from *Knocked Up* to this year's Oscar-nominated *The Fabelmans*. All the while, he's proven prolific behind the scenes, as both a producer and a writer.

By his side for much of his journey has been his sweetheart and wife of 11 years, Lauren Miller, 41. The pair, who have appeared together onscreen and are cofounders of the Alzheimer's awareness organization Hilarity for Charity (after her mom was diagnosed with the illness), have famously gone on the record about their decision not to have kids. "That has helped me succeed as well," Seth, 40, recently volunteered on an episode of *The Diary of a CEO* podcast as he reflected on the time and energy he has for his passion projects. "There's a whole huge thing I'm not doing, which is raising children."

Here, the star with the unmistakable laugh reflects on some of the choices he's made, his happy marriage and why his latest role – as the voice of Donkey Kong in *The Super Mario Bros. Movie* – is a childhood dream come true.

Congratulations on the new movie, Seth. We hear you were a big fan of *Super Mario* growing up. Ever since I was a kid going to the arcade, I was big into *Super Mario Bros.*, thinking if they ever make a movie out of this, I need to be in it! And here I am, jazzed to play such an iconic character, Donkey Kong.

And your mom, Sandy, is over the moon for you! She is a proud mama and can't hide her enthusiasm, tweeting something like, "My son is Donkey Kong! Don't really know what to say about that." [My parents] always supported me, and way back they signed me up for a comedy workshop in Vancouver.

Your other recent role in Steven Spielberg's Oscar-nominated film *The Fabelmans* must have been a thrill. When I heard he wanted to do a Zoom with me during the pandemic, I was thinking maybe it was about rewriting something. I've been brought in to fix comedies that are not reading as well as they could. But he said they had a script and a role for me to play – I told him I didn't need to read the script. But I did, and then I told him I was all in.

Comedy, though, is your first love. Yeah, I was performing [in clubs] at age 13. Maybe the rules were more relaxed in Vancouver. [*Laughs*]

What role do you think luck played in finding comedy as a career? At 16, I was flunking out of high school while pals were applying to college. I didn't come from a family with a lot of money, so I just continued to do stand-up. I eventually got an agent and she sent me out on acting auditions – *Freaks and Geeks* was only my second audition! I just got very lucky. It happened so quickly – the series was planned as a big NBC show and they were scouting in every major city, even Vancouver. Out of nowhere, this skater dude got cast and I moved to Los Angeles and worked with a great group of people, many of whom I still hang with, like James Franco and Jason Segel.

Just a few years later, Lauren came into your life and you went on to marry her in 2011. Is there a key to a successful marriage? [*Laughs*] Don't have children? On the weekends, if we're not working, we can lie in and have breakfast in bed. You know, I was once asked, "How do you do so much, like those three movies – *Knocked Up*, *Superbad*, *Pineapple Express* – back to back to back in 12 months?" And my answer was simple: I don't have kids. Besides, there's enough kids out there. Who says, "Yeah, you know what, we need more people!"? Especially when you look at the population of the world today.

What similar traits do the two of you have that help your partnership work? Lauren has said that we're really at the same speed. And we try to be nice to each other and just love one another.

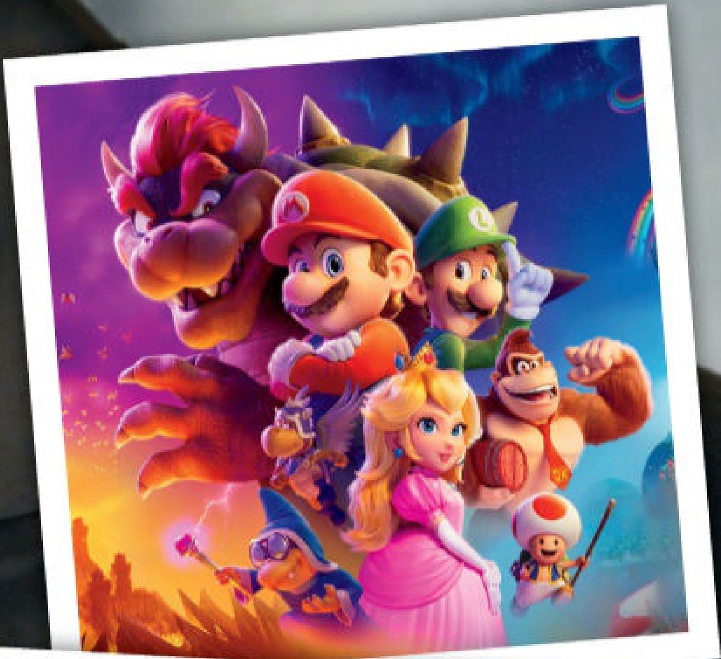
How does Lauren handle you coming home after canoodling with a beautiful A-lister on-set? Well, she's beautiful. And when I come home, she's not jealous. She wants to know how it went. [*Laughs*]

You're in sync, too, with your collaborations, like Hilarity for Charity. Tell us about that. We've experienced Alzheimer's up close and personal in our families, and we've done charity events to ultimately help find a cure for this disease. We try to create events that are funny to help raise awareness – "know yourself, know your genetic risk factors." In some ways, the humour helps distract people from the gravity of this disease. And we hope the stigma of talking about it is going away.

INTERVIEW: ASHLEY JUDE COLLIE

CLOCKWISE FROM LEFT: STEVE GRANITZ/GETTY IMAGES (2); UNIVERSAL STUDIOS; CHRIS HASTON/NBC/GETTY IMAGES

'My wife Lauren and I try to be nice to each other and just love one another'



Seth – whose Hollywood career began with the teen TV show *Freaks and Geeks* (right) – is the voice of Donkey Kong in the brand new *The Super Mario Bros. Movie* (above right). Opposite: All dressed up with wife Lauren Miller at this year's *Vanity Fair* Oscar party.

MINDY KALING
NEVER HAS SHE EVER RECEIVED AN HONOUR QUITE LIKE THIS

As a child of Indian immigrants who came to America to give their daughter a bright future, Mindy Kaling, 43, couldn't thank her folks enough during her recent visit to the White House. In a nod to her late mom, the *Never Have I Ever* creator and star of *the Mindy Project* sweetly looked to the heavens as U.S. President Joe Biden (left) presented her with the 2021 National Medal of Arts – the government's highest honour given to artists.

In his speech, the president, 80, acknowledged Mindy's heritage, crediting her with "empowering a new generation to tell their stories with irreverence and sincerity." (A day later, she revisited the milestone occasion on Instagram: "It didn't feel real," she wrote. "I wish my mom could have been there!")

Joe had warm words, too, for the other A-listers receiving medals at the pandemic-delayed ceremony, including rock legend Bruce Springsteen, 73 (above right), whom he hailed as "a chronicler of American life and resilience," and Emmy-winning funny lady Julia Louis-Dreyfus, 62 (above left). "I'm going to talk with Julia later about whether she liked being VP or president better," he joked, alluding to the star's years on *Veep*, before continuing sincerely: "She embraces life's absurdity with absolute wit and handles real-life turns with absolute grace. A mom, a cancer survivor, a pioneer for women in comedy, she is an American original."

ADAM SANDLER
FETED BY HIS FAMOUS FRIENDS

Adam Sandler is one of Hollywood's good guys – equally adored by his fellow comedians and A-list leading ladies. And many of these famous pals were on hand to toast – and roast! – the actor and dad of two as he received the prestigious Mark Twain Prize for American Humor, one of comedy's top honours.

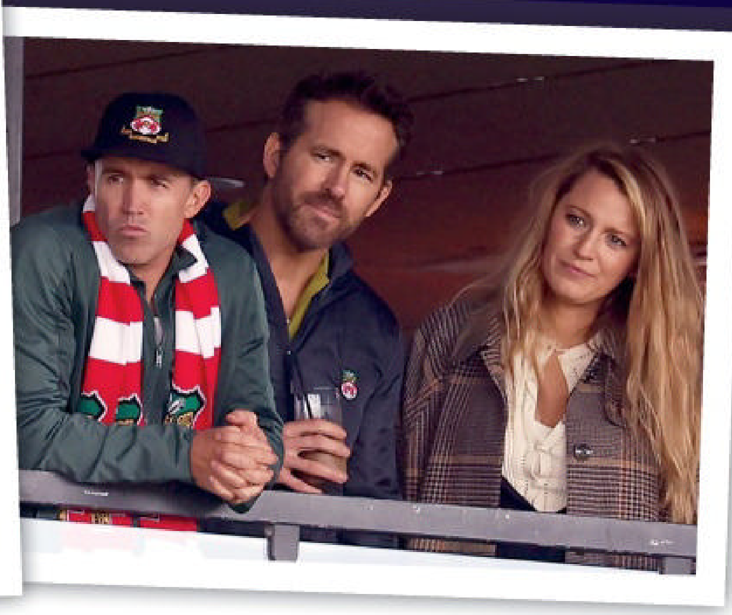
Among those taking the stage were Adam's recurrent on-screen flames, Jennifer Aniston and Drew Barrymore (above right). The pair were their usual bubbly selves as they joked about who was his favourite rom-com gal.

Jen, 54, starred opposite Adam, 56, in light-hearted hits such as *Just Go with It* (they're together again in the newly released *Murder Mystery 2*), while Drew, 48, was his castmate in movies like *The Wedding Singer*. "I just saw a charm and a talent," Drew said at the event about her first meeting with Adam, while also declaring him "a national treasure!"

After being feted by friends like Judd Apatow and Chris Rock, as well as his wife, actress Jackie, 48 (left), it was the *SNL* alum's turn to take the stage, where he heaped praise on those gathered in his honour. Said a gratified Adam, "Everyone in this room has made my life fun."

CLOCKWISE FROM TOP LEFT: OLIVER CONTRERAS/CANADIAN PRESS (2); ANNA MONEYMAKER/GETTY IMAGES (2); THE WASHINGTON POST/GETTY IMAGES; TAYLOR HILL/GETTY IMAGES

MATTHEW ASHTON/GETTY IMAGES (3)



RYAN REYNOLDS

HAVING A BALL WITH NEW BABY

Ryan Reynolds knows there's nothing like baby's first footie game! So the Canadian movie star and his wife, actress Blake Lively, bundled up their new addition – along with big sisters James, 8, Inez, 6, and Betty, 3 – and headed across the pond to cheer on Wrexham AFC, the Welsh soccer team Ryan co-owns with *Mythic Quest* actor Rob McElhenney (top right, together with Blake).

While the couple made reference to the baby's birth in an Instagram post in mid-February, they have yet to release the name or gender. Still, Ryan, 46, was thrilled to show off his newest pride and joy (left) – who was dressed in an adorable furry bunting suit and matching hat – while taking to the field before the game.

Gently holding the infant in his arms, the *Deadpool* star posed with his daughters, while Blake, 35, dressed stylishly in a brown houndstooth coat, snapped some photos (top left). And, turns out, the tiny fan was quite the good luck charm, as dad's team won the match 3-0.

Ryan recently opened up on CNBC's *Power Lunch* about what being a dad of four is really like. "It's a zoo over here," he said in the video call. "This is my office. To be honest, I'll probably spend the rest of my life in here."

Jokes aside, he went on to gush, "Look, we wouldn't do this four times if we didn't love it. Everybody's doing great. Everybody's actually doing fantastic. If we hadn't figured it out by now, I think we'd be in deep, deep trouble."

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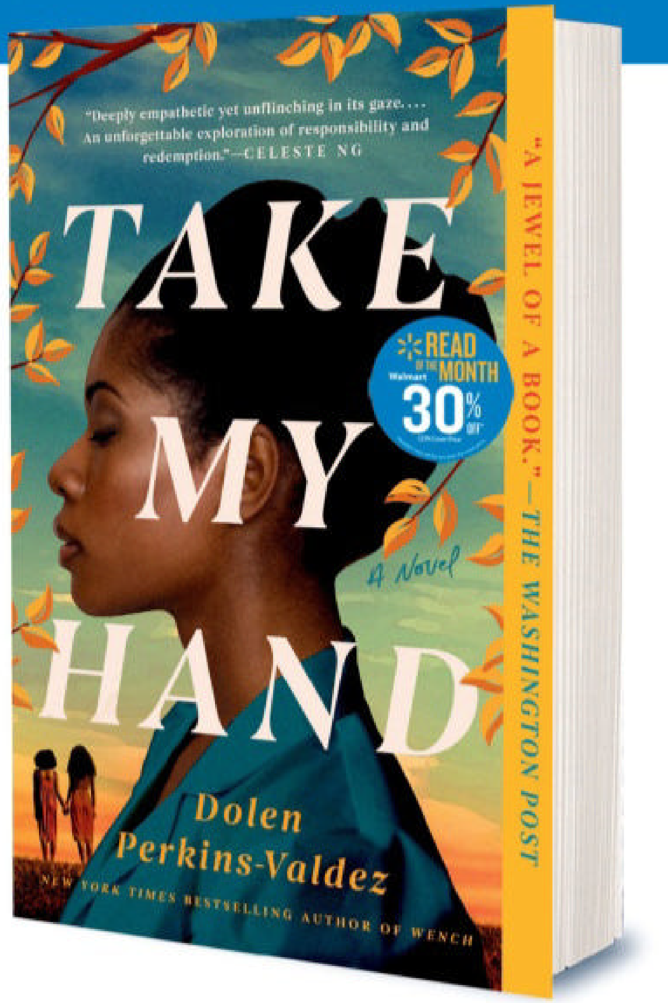

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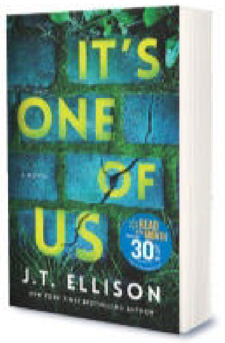

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J.T. ELLISON

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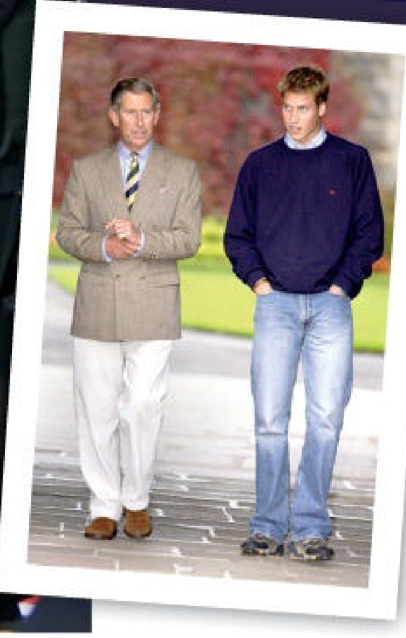


WILLIAM AND KATE

THE CROWN'S STARS ARE REVEALED

Royal fans strolling on the scenic University of St. Andrews campus did a double take when they spotted two students who looked uncannily like Prince William and Kate in the early days of their courtship. Upon closer examination, it turned out to be young actors Ed McVey, 22, and Meg Bellamy, 19, who were expertly channelling their alter egos while filming scenes for the upcoming season of Netflix's hit series *The Crown* (far left).

Dressed casually in the standard student uniform of faded jeans, the soon-to-be stars (who are both making their professional acting debuts) were spot-on while recreating the Prince and Princess of Wales's time at the Scottish institution, where the royal romance blossomed. After meeting as freshmen in 2001, William (top right, with his father, then Prince Charles) and Kate (left) became friends – and even platonic roommates – before they started dating in 2003.

"Pinch me, please," Meg shared upon receiving the exciting news that she'd won the coveted role. "I will strive to do Kate justice." Added Ed (top left, with Dominic West as Charles), "I'm absolutely buzzing!"

PRINCESS ANNE

MAKES HER WAY TO *CORONATION STREET*

More used to pulling crowds than pulling pints, the Princess Royal, 72, looked perfectly at home mingling with the stars of *Coronation Street* at the show's neighbourhood pub!

Not only did the cast and crew have a regal fan in their midst, but they also knew Princess Anne could empathize with one of the long-running British soap opera's powerful new storylines.

With recent episodes featuring a targeted acid attack on bride-to-be Daisy (by her stalker Justin), Anne's presence was especially welcome in her role as patron of the Acid Survivors Trust International, which has been advising the show's producers as the plot develops.

"It was an absolute honour to have [her] join us," said producer Iain MacLeod, who gave the princess a tour of the set. "The visit gave both cast and colleagues the chance to discuss how they have worked together to create and portray such a delicate and important storyline, an opportunity none of us will forget."

Anne visited *Corrie* once before in 2016 and, with her second pop-by, it's clear the Royal Family's affection for the other immensely popular British institution remains as strong as ever.

CLOCKWISE FROM TOP LEFT: ANDREW MILLIGAN/GETTY IMAGES; ANTONY JONES/GETTY IMAGES; ANDREW MILLIGAN/GETTY IMAGES; TIM GRAHAM/GETTY IMAGES; CORONATION STREET INSTAGRAM (3)

PRINCE WILLIAM GIVES THANKS TO TROOPS IN POLAND

On a top-secret trip amid tight security, the Prince of Wales, 40, made his way to Poland to see first-hand how the nation is supporting Ukraine during its ongoing war.

"I'm here because I want to personally thank the Polish and British troops working in close and crucial partnership," he said upon landing in Warsaw, going on to pay tribute to the humanity of the Polish people: "You have opened your hearts as much as your homes."

William last visited Poland in 2017 as the Duke of Cambridge. This time, he travelled to Rzeszów (above), about 70 kilometres from Ukraine's border, where he toured an air defence base served by British, Polish and U.S. troops. "You're doing a really important job out here," he said. "Defending our freedoms is really important, and everyone back home thoroughly supports you."

His trip included a visit to the Polish capital, too, where he met Ukrainian refugees in an accommodation centre (below left, trying his hand at Ping-Pong).

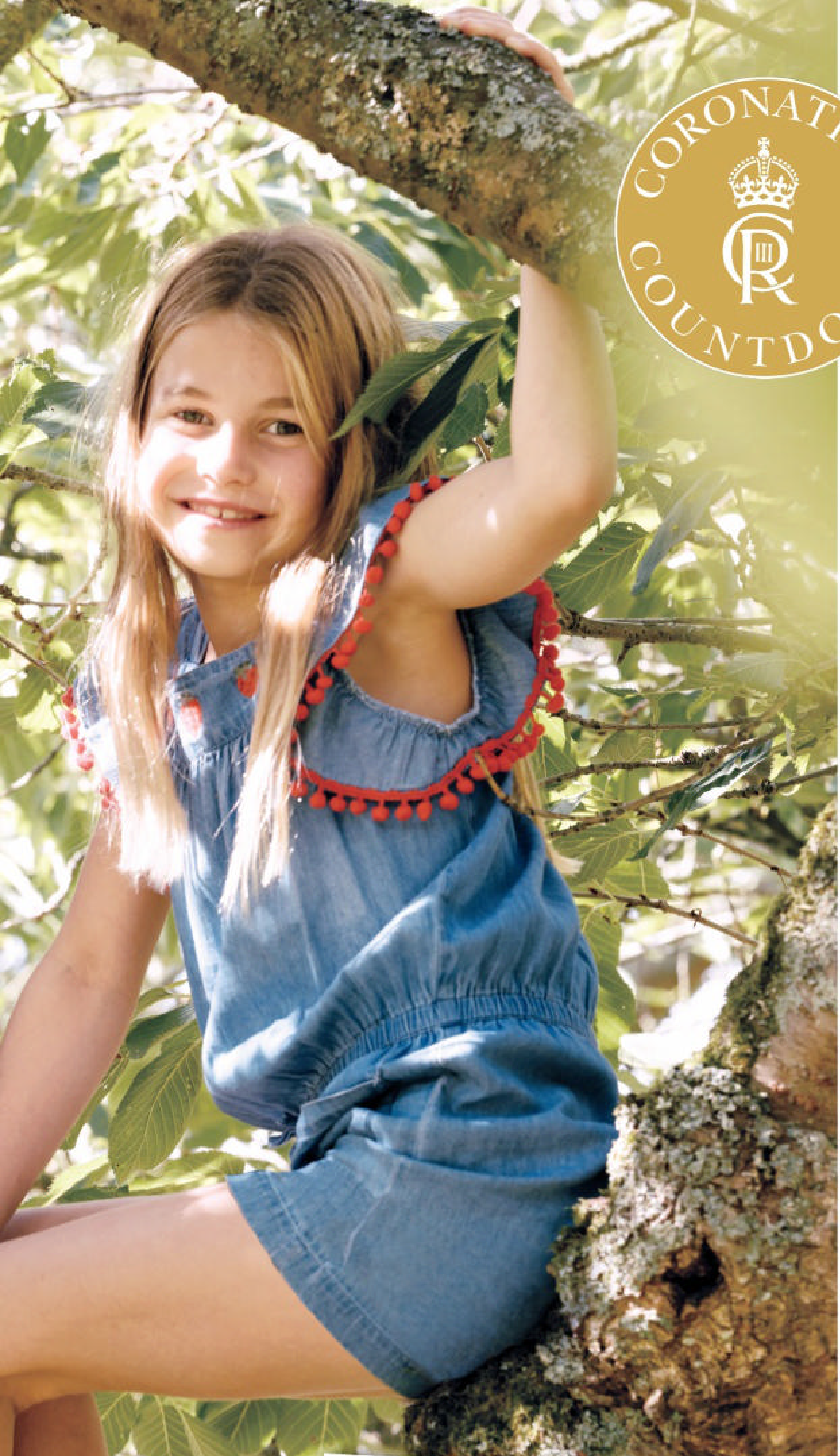
The second day of William's trip began in contemplation at the Tomb of the Unknown Soldier (right) in Warsaw's Pilsudski Square, where he lay a wreath shaped in the Prince of Wales's feathers with the note "In memory of those who have made the ultimate sacrifice." (His grandparents, the Queen and Prince Philip, paid the same tribute during a visit to Poland in 1996.)

From there, he travelled to the Presidential Palace for a visit with President Andrzej Duda (above right) and later to a food hall (below), where he met with other displaced Ukrainians and well-wishers like Vonya Bultruski. "I told him how much his support for refugees means," said Vonya, impressed with the future King. "He's a very kind man. I'm very happy to see him in Poland."

CLOCKWISE FROM TOP: ANDREW PARSONS/KENSINGTON PALACE; TIM ROOKE/SHUTTERSTOCK; YUI MOK/GETTY IMAGES (2); CHRIS JACKSON/GETTY IMAGES (2)

As Kate is the family photographer, it's a rare treat to see her posing with her kids

Kate beams alongside Prince Louis, Prince George and Princess Charlotte in a photo released to mark Mother's Day in the U.K. The children, seen waving during Trooping the Colour at last year's Platinum Jubilee's (right), could play a role in the coronation of the King and Queen Consort (opposite, top right) in May.



BEAMING IN NEW FAMILY PORTRAITS THE PRINCESS OF WALES CELEBRATES BEING A MOM AS HER CHILDREN PREPARE FOR ROLES IN THE CORONATION

Proving she'll go to great heights to spend time with her children the Princess of Wales can be seen beaming from high up in a tree in one of two new photos released for Mother's Day, which was celebrated in March in the U.K.

Taken by Matt Porteous, the first photo shows the future Queen sitting on a branch with her two sons, Prince George and Prince Louis, while her daughter, Princess Charlotte, perches across from them. In another snap, the princess is gazing adoringly at Louis as she carries him in her arms. As Kate is the unofficial family photographer, it's a lovely and rare treat to see her posing with her kids. "Happy Mother's Day from our family to yours," she captioned the snaps on Instagram.

And there was even more reason to smile as the photos coincided with the happy news that the Wales children will likely play a major role in the upcoming coronation.

CELEBRATING 'GRANDPA WALES'

It will be a day that goes down in history when King Charles III is crowned alongside Queen Camilla on May 6.

The streets of London will be thronged with people hoping to catch a glimpse of his magnificent procession from Westminster Abbey to Buckingham Palace.

And *Hello!* has learned that they will likely be treated to the sight of the three smallest stars of the show – George, Charlotte and Louis – as well as that of Their Majesties in the Gold State Coach. ▶

CLOCKWISE FROM LEFT: MATT PORTEOUS/THE PRINCE AND PRINCESS OF WALES; REUTERS/ALAMY; KARWAI TANG/GETTY IMAGES

Louis captivates the crowds during Trooping the Colour while watching an RAF flypast with his mom and siblings (above). George, Charlotte and Louis gather on the balcony at Buckingham Palace (below) during last year's Jubilee pageant with the then Duchess of Cornwall and Prince of Wales, the Queen, William and Kate. Top: This happy family shot, used as the Wales's 2022 Christmas card, is from the same set as those released for Mother's Day, all taken by photographer Matt Porteous in Norfolk last summer.

The coronation would be the young princes and princess's most high-profile outing to date

According to planning documents seen by the *Times*, the Prince and Princess of Wales's three children will play some part in the spectacle after attending the religious ceremony that will see "Grandpa Wales" become the 40th reigning monarch to be crowned at the abbey.

The young princes and princess already have some experience at major events, having practised their royal waves as they enjoyed a carriage ride down The Mall to mark the Queen's Platinum Jubilee last June.

George, 9, and Charlotte, 7, both walked behind the late monarch's coffin at her funeral in September. And William and Kate's two eldest children also joined the congregation in the abbey for their mother's Westminster Abbey carol concert in December.

Meanwhile, little Louis, who turns five on April 23, delighted TV viewers last year with his antics on the palace balcony, pulling funny faces and clamping his hands over his ears as the Queen and her family watched an RAF flypast after Trooping the Colour.

WITNESSING HISTORY

With the coronation ceremony due to last around 90 minutes, Louis may be old enough to sit through some of the service, while his older siblings are likely to watch it in full.

The King, who was just four and a half when he watched the coronation of his mother, Queen Elizabeth, at the abbey, stayed for only a brief period of the three-hour extravaganza.

Princess Charlotte, who turns eight four days before the occasion, has already shown her maturity, as has George, when they solemnly watched as their great-grandmother's funeral cortège departed London for Windsor Castle.

Kensington Palace does not usually confirm the children's attendance at events in advance, particularly because Louis is so young.

But an appearance for all three at the first coronation to take place in the U.K. in 70 years would be their most high-profile outing to date.

> **Given their prominence at the heart of his reign, the King will want the trio to be present**

Both Buckingham Palace and Kensington Palace have declined to comment, and *Hello!* understands that the Prince and Princess of Wales are still considering how their children might be involved.

But given their prominence at the heart of his reign, the King will, no doubt, want the trio to be present to witness history and to give a glimpse of the future of his slimmed-down monarchy.

And as an heir to the throne, Prince George, in particular, is believed to have a special role to play during the ceremony. In fact, rehearsal plans seen by the *Times* reveal that the Wales children may join William and Kate in a carriage behind the King and Queen, who will travel in the Gold State Coach when they depart the abbey. H

REPORT: EMILY NASH

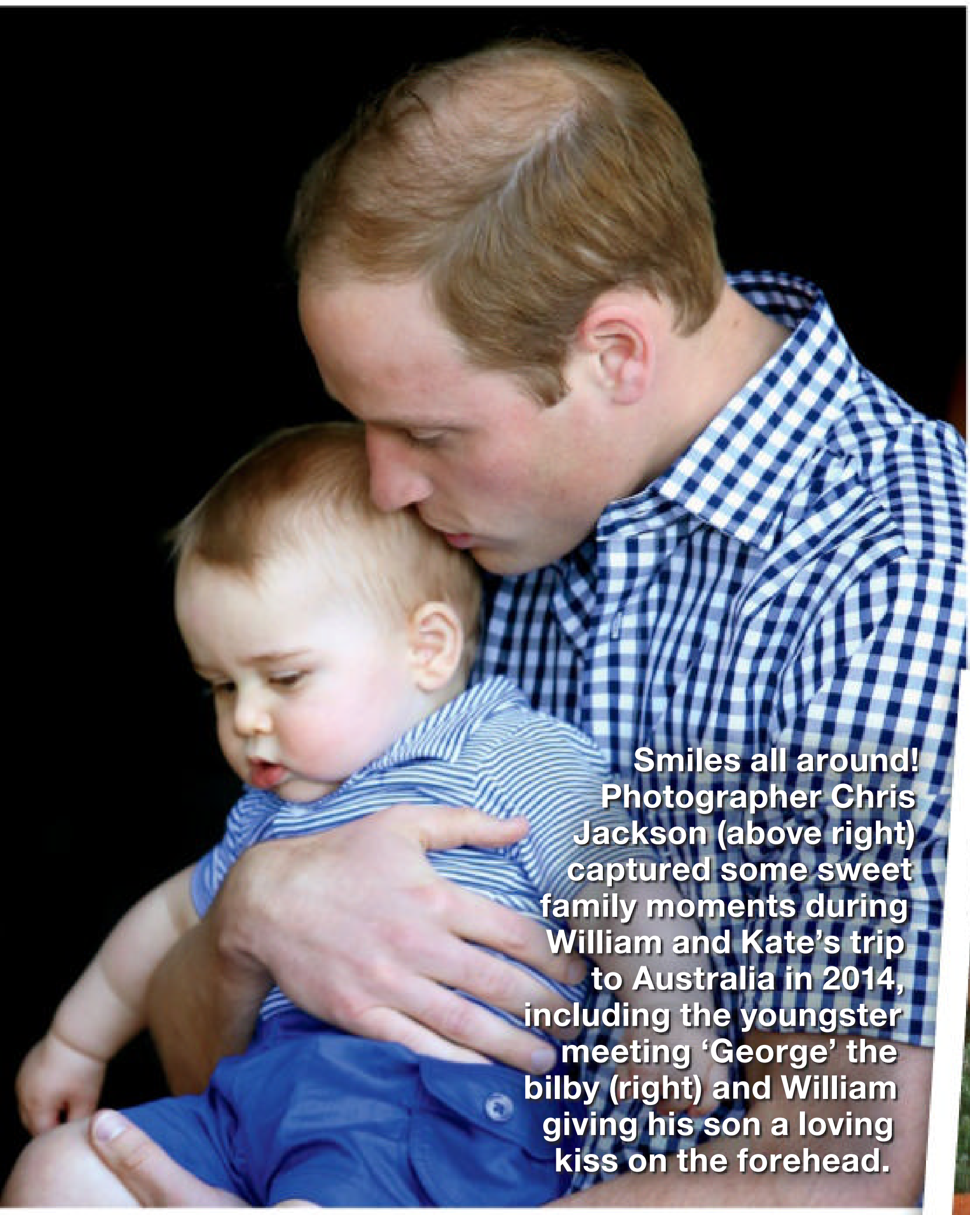
Adoring mom Kate shares a tender moment with youngest son Louis in another charming image posted on social media to celebrate Mother's Day in the U.K.

CLOCKWISE FROM TOP LEFT: MATT PORTEOUS/THE PRINCE AND PRINCESS OF WALES (2); LEON NEAL/GETTY IMAGES; MAX MUMBY/GETTY IMAGES

A ROYAL PHOTOGRAPHER SHARES STORIES OF

THE ROYAL CHILDREN

CHRIS JACKSON TAKES US BEHIND THE SCENES OF HIS FAVOURITE PHOTOS OF GEORGE, CHARLOTTE AND LOUIS



Smiles all around! Photographer Chris Jackson (above right) captured some sweet family moments during William and Kate's trip to Australia in 2014, including the youngster meeting 'George' the bilby (right) and William giving his son a loving kiss on the forehead.

It's no secret that kids can make a special occasion even more magical. Just ask royal photographer Chris Jackson, whose favourite days at work are when the Prince and Princess of Wales's little ones are around. "It is one of the most lovely parts of my job, to capture photographs of the children," he says of Prince George, 9, Princess Charlotte, 7, and Prince Louis, 4 – the royal young 'uns he's been snapping pics of since their "first moments in front of those wooden doors" at the Lindo Wing of St. Mary's Hospital. "They add a whole new dynamic to any royal engagement. And, of course, the fact that we don't see them all that often makes it all the more special."

Over the years, Chris – who is married to the Princess of Wales's stylist, Natasha Archer – has been present for some of William and Kate's biggest family milestones, from royal christenings to whirlwind tours to George's first day of school. And during a recent episode of *Hello!*'s *A Right Royal Podcast*, the photographer, 43, shared some of his most cherished memories.

Read on for a behind-the-scenes look at Chris's favourite snaps of the Wales children.

GEORGE'S FIRST TOUR

Only nine months old at the time, George took his first official trip with his parents overseas to Australia and

CLOCKWISE FROM TOP: CHRIS JACKSON/GETTY IMAGES; NO CREDIT; CHRIS JACKSON/GETTY IMAGES (2)

> ‘It is one of the most lovely parts of my job, to capture photographs of the children’

Sneak peek! Big brother George peers into Charlotte’s pram on the day of her christening in 2015. The sweet sibling act made for an ‘informal and honest’ photo, says Chris.

Candid camera Canada: George is awestruck by bubbles (above) at a military tea party in Victoria, B.C., and Princess Charlotte makes a furry friend. Left: Boarding a seaplane on the final day of their parents’ 2016 tour.

New Zealand in 2014. And as Chris remembers it, there were plenty of cameras ready to catch the little one in action. “Sometimes, it’s nerve-racking [for the children] to be in a royal engagement environment,” he says, adding that the best time to capture a “candid and relaxed expression” from them is when they’re “totally focused on something else.” To Chris’s joy, that’s exactly what happened when they visited Taronga Zoo in Sydney and George made an adorable furry friend. “They were looking at this bilby, and George was totally focused on what was going on in front of him,” Chris remembers fondly, “so he had very natural expressions.”

Looking back on that day, the photographer – who has two young sons of his own – also recalls capturing the sweet shot of William holding George and kissing the top of his head. “You know, that’s something I do with my sons every day, ►

CHRIS JACKSON/GETTY IMAGES (4)

'The thing with the children is you're always capturing royal firsts,' says Chris, who photographed George on his first day of school in 2017 (left), and Charlotte's 'first bouquet' during an engagement in Germany in 2017.

Chris was asked by William and Kate to take Prince George's fourth birthday portraits (left), which he did in front of a studio backdrop: 'That enables the viewer to focus on expression, and I was lucky enough to capture a lovely expression.'

> 'What I enjoy more than anything are the candid moments'

like 50 times a day," says Chris. "But for a royal to [portray] that kind of intimacy and love ... for me, that's just a lovely moment."

SIBLING LOVE

A year after joining the family on their tour Down Under, Chris lucked out with another candid photograph of George. This time, the young royal showed his brotherly side at the July 2015 christening of his baby sister, just a few weeks before his own second birthday. "I remember laying out my kit on that morning and feeling quite a lot of pressure – it was a big moment, a big royal christening!" admits Chris, who was one of many photographers waiting outside Sandringham's St. Mary Magdalene Church. "I thought, 'What's the picture going to be? Of course it's going to be Charlotte in her Honiton lace dress ... that's gonna be the photo.'" But to his surprise, it was actually a snap of her big brother that would melt hearts around the world. "It was the most unexpected moment, where George has gone up on his tiptoes and peered into that vintage pram to capture a glimpse of his sister on her big day," says Chris. "It was just lovely. It was candid, it was kind of informal and it was just honest."

OH CANADA!

Although he's had the pleasure and excitement of going on quite a number of royal tours over the years – "there have been so many great ones" – Chris describes William and Kate's 2016 visit to Canada as "particularly memorable." The proud parents were joined by George, who was three at the time, and little Charlotte, who, at 16 months, was marking her first official overseas tour. "I re-

CLOCKWISE FROM BOTTOM LEFT: CHRIS JACKSON/CAMERA PRESS (2); CHRIS JACKSON/GETTY IMAGES (2); CHRIS JACKSON/GETTY IMAGES FOR CLARENCE HOUSE; CHRIS JACKSON/GETTY IMAGES

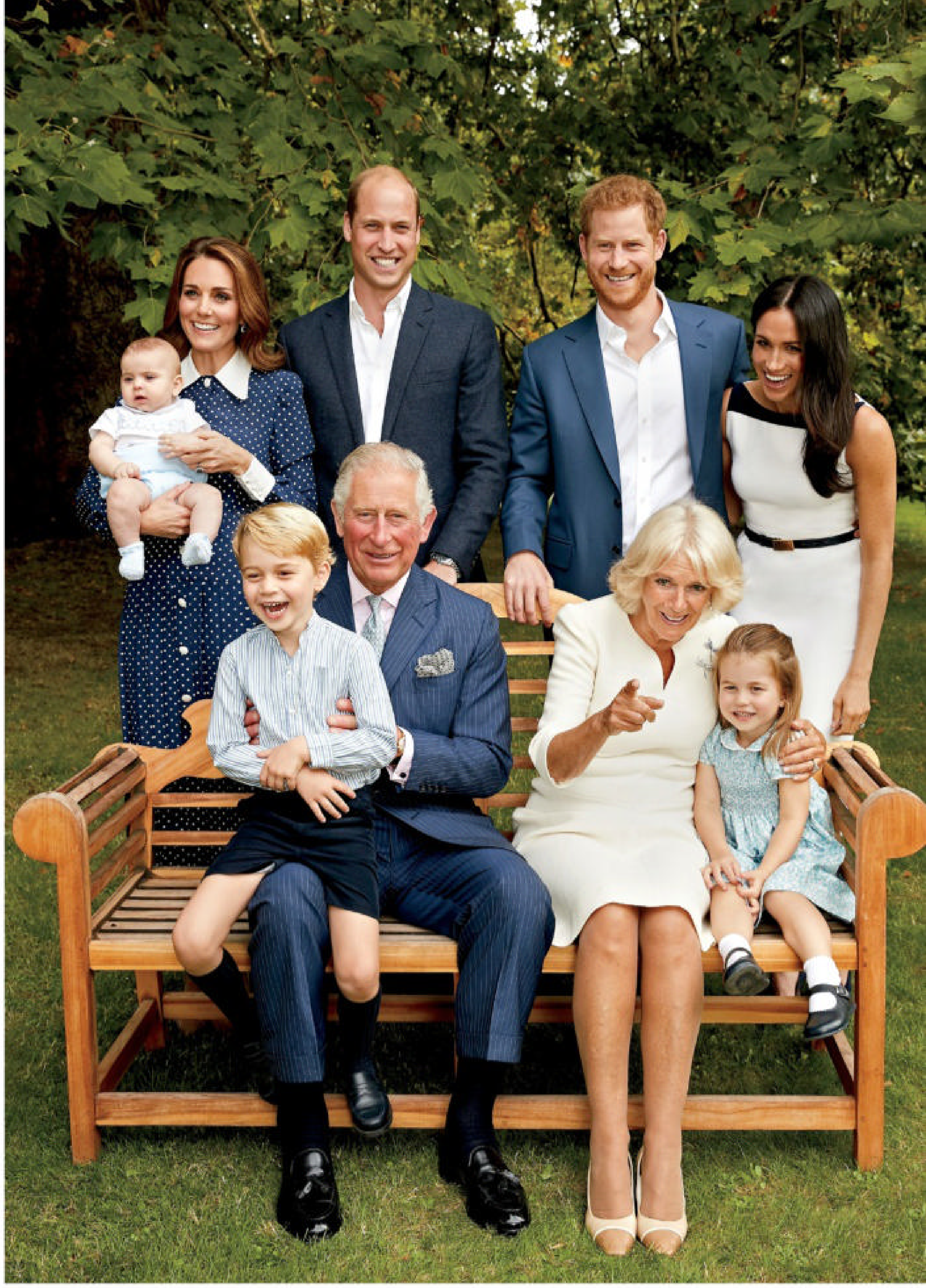
‘I often find myself smiling behind the camera’

member photographing them at a military tea party,” he says of an event that took place at Government House in Victoria, B.C., during which he captured “a lovely moment” of Charlotte playing with a therapy dog named Moose. His favourite photo of the day, however, was of Prince William blowing bubbles for a very amused George. “The bubbles are reflected in George’s eyes,” says Chris of the perfectly timed shot. “It was just so far from the formality of normal royal photographs, which is what makes it so endearing.”

FESTIVE FUN

As a dad of little ones, Chris knows the joy that kids bring out at Christmastime, so it’s no surprise that the holiday photoshoot he did with the Royal Family in 2019 remains one of his favourites. “They’re in Buckingham Palace, mixing up Christmas pudding for the Royal British Legion,” he explains of the festive photos, which feature the late Queen and the heirs to the throne: Charles, William and six-year-old George. “It was one of those [images], which is so often the case in royal photography, where you’ve got what is a lovely family moment but it also has deep historical context.”

What makes the photos even more special, Chris points out, are the “royal-themed decorations” that are sparkling on the tree behind them – “there’s a corgi on there and some crowns.” But it’s the joyous expressions worn by George’s father, grandfather and great-grandmother as the young prince mixes the ingredients, says the photographer, that make the pictures so significant. “For me, of course, a formal portrait has its place, and it’s important to catch that. But what I enjoy capturing more than ▶



Say cheese! Chris photographed King Charles (then Prince of Wales) and his family for his 70th birthday in 2018. ‘It’s quite rare for a photographer to capture those really intimate family moments,’ he says. That same year, he snapped George and Charlotte visiting their baby brother, Louis, in the hospital (above left) and at Trooping the Colour with cousin Savannah Phillips (below).

Trooping the Colour (above, in 2019) is one of Chris's favourite events. 'Every year, we see the Royal Family on the balcony at Buckingham Palace, and you see the children grow up over time,' he says. 'You're creating this archive of images that is part of the fabric of British history.' Below: The late Queen and her heirs enjoying the holidays in 2019.

anything are the more informal, candid moments that give you an insight into people's characters," he says. "And this was a lovely relaxed situation [where] everything came together."

JUBILEE MEMORIES

While Chris relishes any opportunity to photograph the Royal Family, he can't get enough of the "fun energy" that George, Charlotte and Louis, bring to an engagement. "It just makes it all the more enjoyable," he says. "I often find myself smiling behind the camera." That was especially true while documenting the Queen's Platinum Jubilee last June, during which time Chris actually found himself "chuckling" when Prince Louis stole the spotlight with his hilarious facial expressions.

"We saw Louis really enjoying it," Chris says of the weekend's events, which included the Platinum Pageant and "the lovely moment where Louis was bouncing on Charles's lap." However, his favourite photo from the historic celebration is one of the Queen and George. While making a surprise balcony appearance on the final day of the Jubilee, Her Majesty stood next to her great-grandson, who looked over at her with the sweetest, most adoring expression, giving royal watchers a sense of their close relationship.

"That was a particularly special moment I'll never forget," recalls Chris. "No one really knew if the Queen was going to make a final appearance and then, of course, she came out dressed in green. It was incredibly emotional." H

REPORT: SARAH TRUMBLEY
INTERVIEW: EMMY GRIFFITHS AND ANDREA CAAMANO

CLOCKWISE FROM BOTTOM LEFT: CHRIS JACKSON/CAMERA PRESS; CHRIS JACKSON/GETTY IMAGES (5)

‘The Queen came out dressed in green. It was incredibly emotional’

Chris remembers the Queen’s Platinum Jubilee as a ‘heart-warming’ weekend, with adorable moments between Her Majesty and Prince George (above) during her surprise balcony appearance, as well as Prince Louis and his granddad (top right) at the Platinum Pageant.

The ‘fun energy’ that royal children bring to an engagement just can’t be beat! Princess Charlotte has a silly moment while watching a hockey match at the University of Birmingham (left) and shows George her gifted flowers while in Wales last year.

A FIRST-CLASS WAY TO CELEBRATE HIS LOVE OF BLOOMS

KING CHARLES

HIS MAJESTY'S NEW SILHOUETTE TAKES PRIDE OF PLACE IN A SPECIAL SET OF FLORAL STAMPS

Royal Mail has unveiled the first special issue of stamps featuring the King's silhouette – and they highlight one of his greatest passions, gardening.

The set of 10 stamps celebrates popular flowers grown in the U.K. and includes His Majesty's uncrowned profile in the top left-hand corner – in silver and facing right.

Created with gardening writer Naomi Slade, the set marks the first change of monarch silhouette since 1968 and is the first to feature the King since the Queen's death last September. Her silhouette is on stamps unveiled last month for the 100th anniversary of the historic *Flying Scotsman* steam locomotive.

The new floral designs, which are available now, feature a flower against a white background, with the common name for the bloom written alongside it. They depict examples of sweet pea – one of the Queen's favourite flowers – as well as iris, lily, sunflower, fuchsia, tulip, peony, nasturtium, rose and dahlia.

Royal Mail's David Gold said, "Britain is a nation of gardeners, and a love of flowers runs deep in our collective consciousness.

"His Majesty is known to be a passionate gardener, and we are delighted that the first special stamps to feature his silhouette should be a celebration of some of the most popular flowers in British gardens."

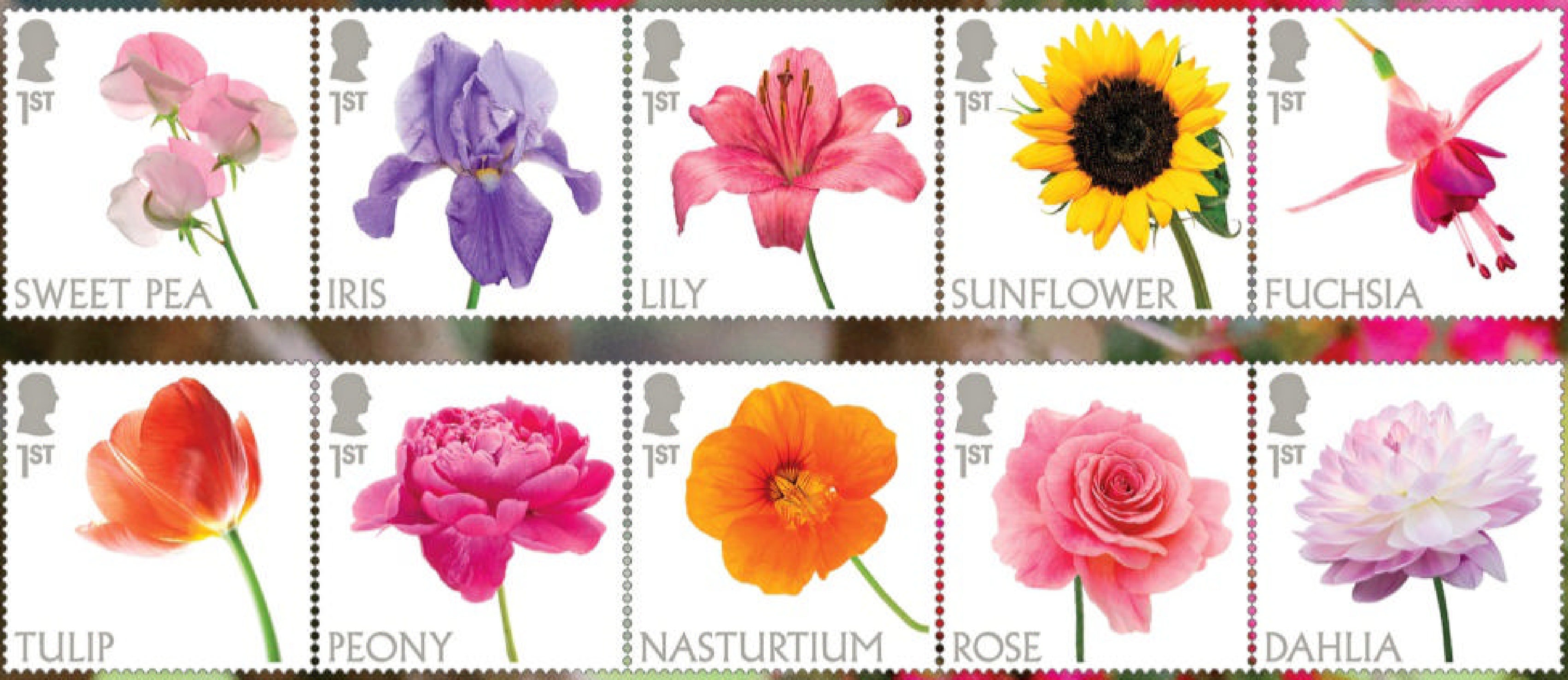
The King, 74 – who has called gardening "the most therapeutic business" – has transformed the grounds of Highgrove House, his home on the Gloucestershire estate, over the past 40 years.

He also selected the flowers for his mother's wreath for her funeral, including pink garden roses and dark purple dahlias grown at Buckingham Palace.

CHANGING FACES

Royal Mail unveiled its definitive first- and second-class stamps – as opposed to special issues, such as the flower stamps – using the King's profile in February. They go on sale in April and depict His Majesty again uncrowned but facing left, as has been the tradition since the first stamp – the Penny Black – was created in 1840.

REPORT: LAURA BENJAMIN



Renowned for his love of nature, Charles shows the Queen around the Healing Garden at the 2002 RHS Chelsea Flower Show (above left) and takes in the blooms at the National Botanic Gardens Kilmacurragh (right) in Ireland in 2019. Left: Royal Mail's first special-issue stamps featuring his silhouette (left) have a flower theme.

CLOCKWISE FROM FROM MAIN: CHRIS JACKSON/CANADIAN PRESS; ROYAL MAIL; ANWAR HUSSEIN/GETTY IMAGES

'His Majesty is known to be a passionate gardener'

WORLD EXCLUSIVE WEDDING ALBUM AND INTERVIEW

DIANA, PRINCESS OF WALES'S BEAUTIFUL NIECE

LADY AMELIA SPENCER

MARRIES HER 'SOULMATE' GREG MALLETT IN A SPECTACULAR SUNSET CELEBRATION IN SOUTH AFRICA

Lady Amelia is radiant on her big day as she and Greg are showered with white rose petals after their wedding ceremony at Quoin Rock Manor House in South Africa.

Bathed in the golden glow of the setting South African sun, Lady Amelia Spencer and her new husband, Greg Mallett, are on top of the world after saying "I do" in a setting that means so much to both of them.

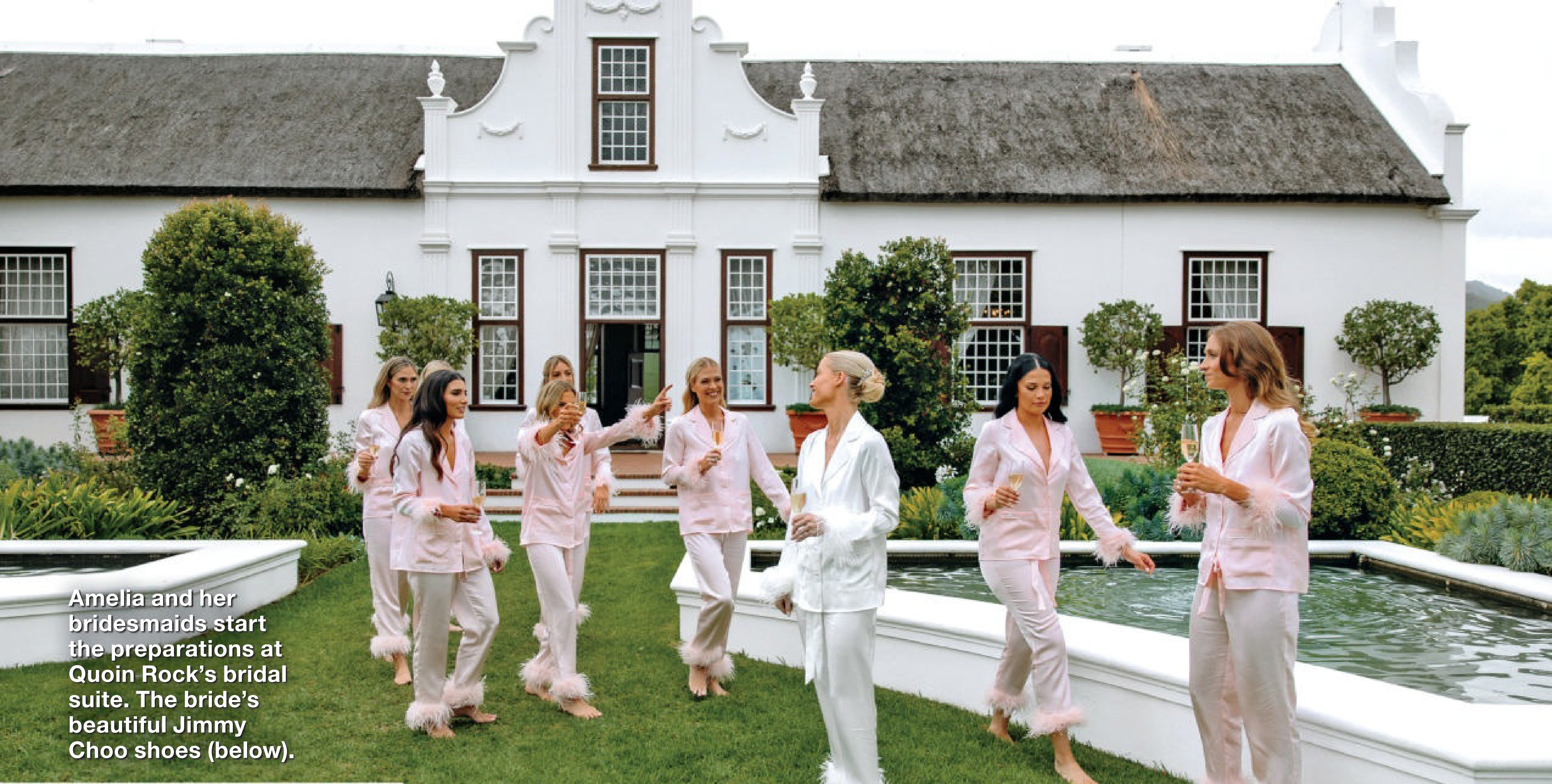
And in a world exclusive, *Hello!* is delighted to present all the stunning photographs and details from their wedding day.

"It was genuinely the best day of our lives – it was better than I ever imagined," Amelia, 30, the niece of Diana, Princess of Wales, tells *Hello!* of their spectacular day, which took place on March 21 on a mountaintop in the winelands of South Africa's Western Cape.

"I've been waiting 14 years to see Amelia walk down the aisle," says fitness and nutrition coach Greg, 33. "To be married is a dream come true."

Choosing to tie the knot at Quoin Rock Manor House was an easy decision for Amelia and Greg, who met and fell in love as teenagers.

"It means so much to get married here," says Amelia, the daughter of Earl Spencer, Diana's younger brother, and former model Victoria Lockwood. "Growing up here ▶



Amelia and her bridesmaids start the preparations at Quoin Rock's bridal suite. The bride's beautiful Jimmy Choo shoes (below).

together for the last 14 years, all of my and Greg's happiest times as a couple are in [neighbouring towns] Franschhoek and in Stellenbosch, which is where we got engaged. It's even more special now."

DREAM GOWN

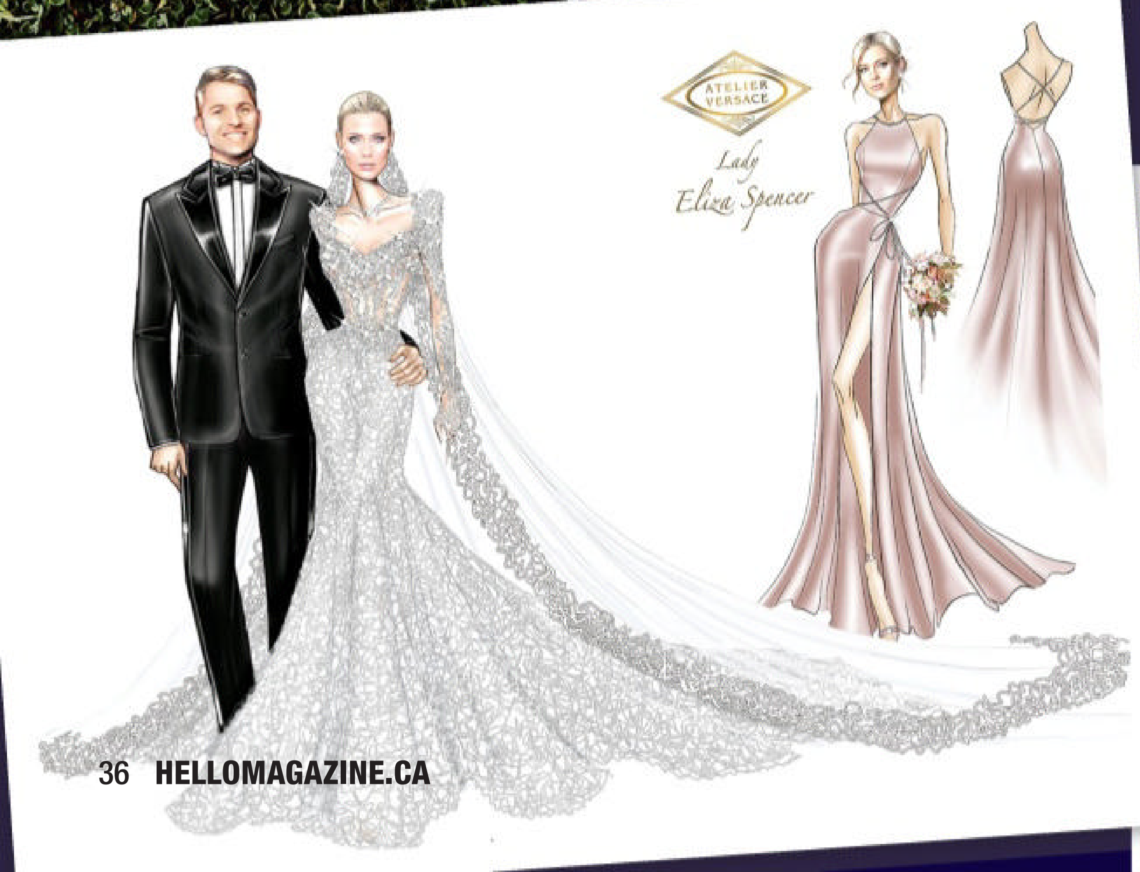
The jaw-dropping panoramic views were topped only by the sight of the bride herself – Amelia was radiant in a custom Atelier Versace wedding dress. Over the course of two-and-a-half months, the gown was crafted from custom silk rebrodé lace and featured a two-and-a-half-metre train, Swarovski crystals, a hand-embroidered neckline and structured shoulders, with intricate flower patterns running throughout. It was paired with an elegant five-metre-long veil made of fine silk tulle and Jimmy Choo shoes.

As a model and regular attendee at the world's most exclusive fashion events, it was no surprise that stylish Amelia selected the most spectacular of bridal gowns.

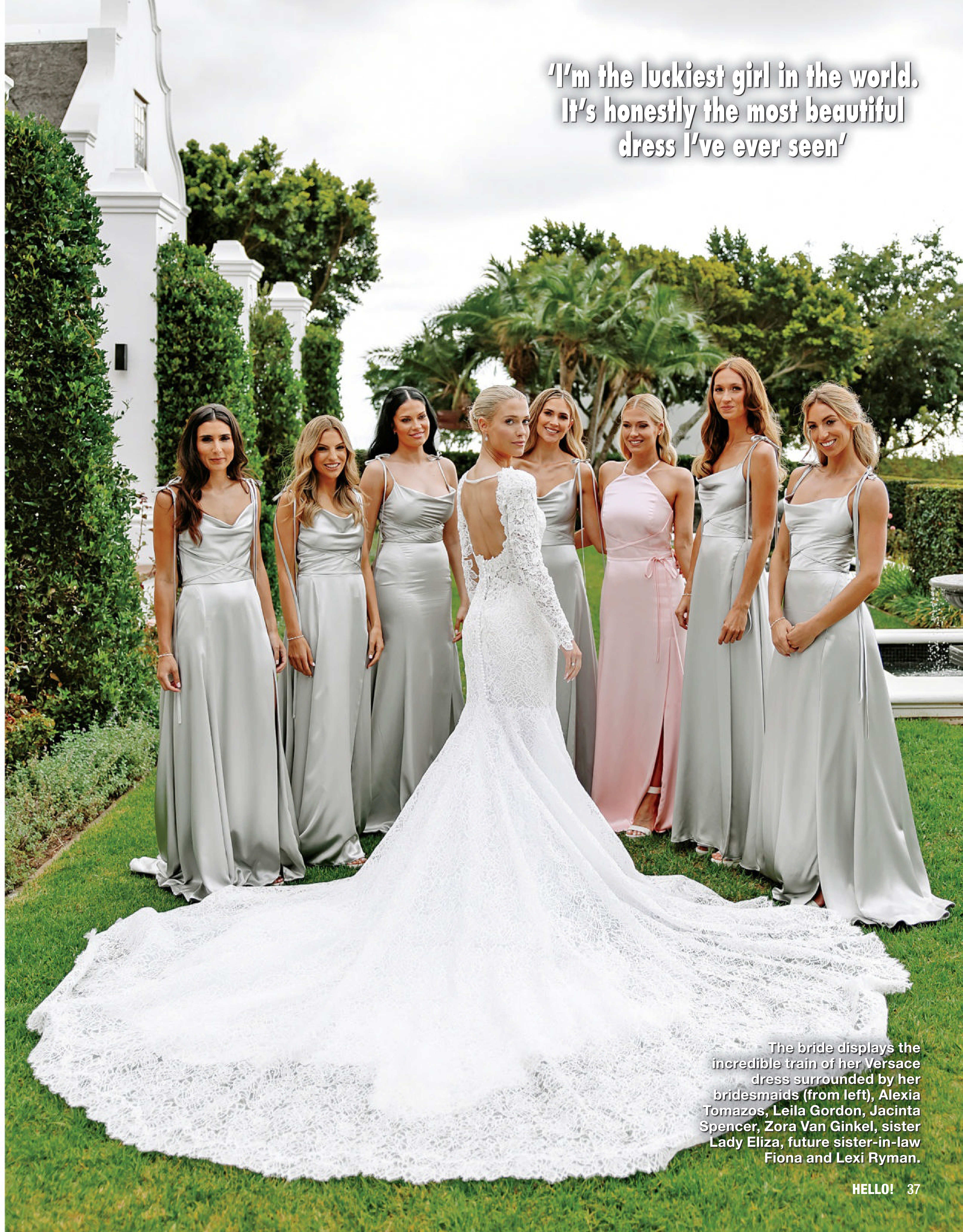
"I'm the luckiest girl in the world," she says. "It's honestly the most beautiful dress I've ever seen. It's been the happiest experience working with Versace. Every single member of their team were like angels."

Amelia's choice of designer would have surely pleased her late aunt Diana, a close friend of Gianni Versace and a wearer of his designs.

"I think she would be very proud to see me ►

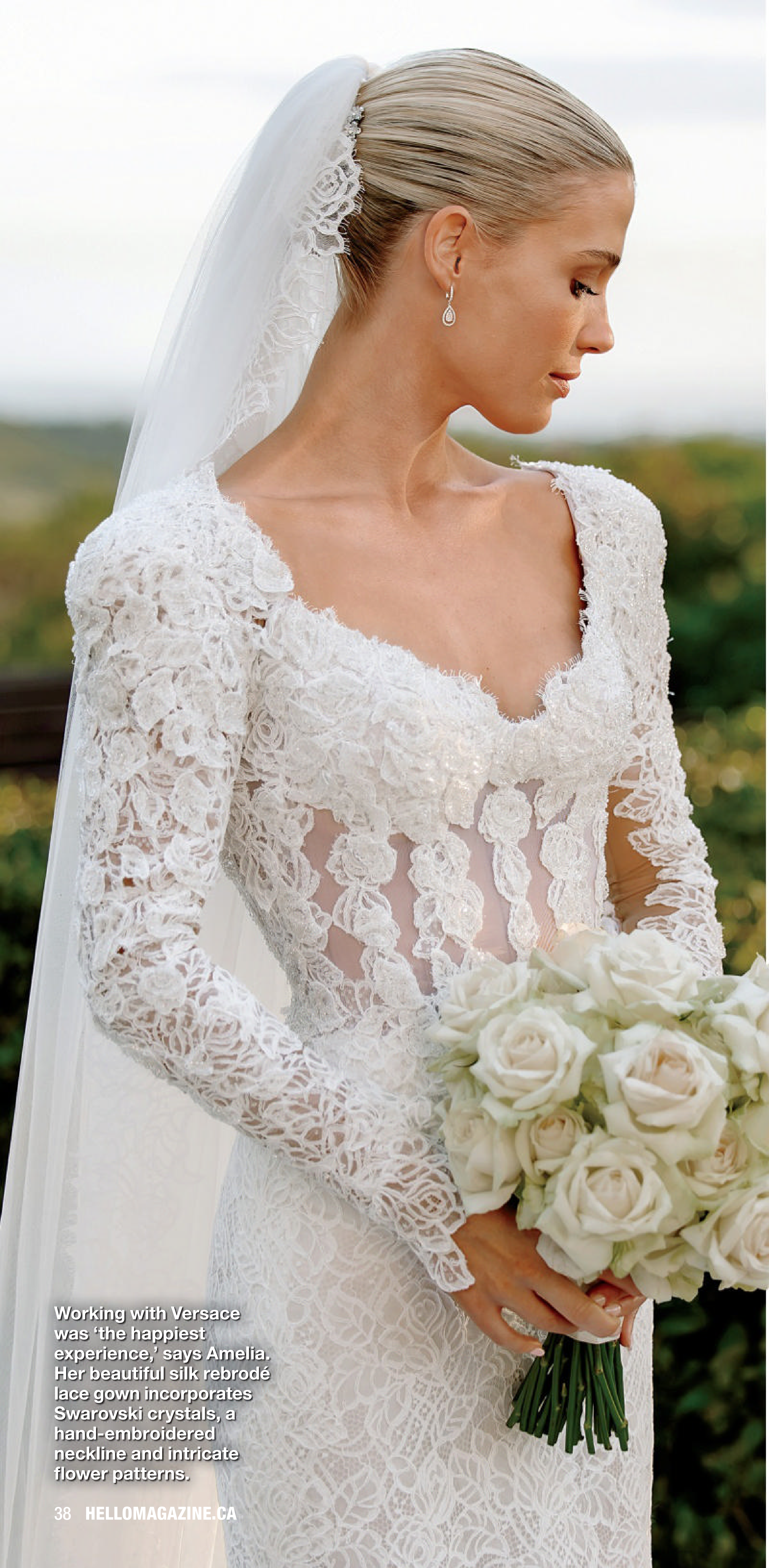


Supported by his groomsmen (below, all wearing Fabiani), Greg is ready for the ceremony, dressed in a suit created specially – along with Amelia's and Eliza's gowns (left) – by Atelier Versace.



'I'm the luckiest girl in the world. It's honestly the most beautiful dress I've ever seen'

The bride displays the incredible train of her Versace dress surrounded by her bridesmaids (from left), Alexia Tomazos, Leila Gordon, Jacinta Spencer, Zora Van Ginkel, sister Lady Eliza, future sister-in-law Fiona and Lexi Ryman.



Working with Versace was 'the happiest experience,' says Amelia. Her beautiful silk rebrodé lace gown incorporates Swarovski crystals, a hand-embroidered neckline and intricate flower patterns.

'The Versace family also absolutely love Diana, so there's a very special connection that we have'

on my wedding day," says Amelia, who was only five years old when the former Princess of Wales passed away in 1997. "I know the Versace family also absolutely love Diana, so there's a very special connection that we have."

A HEART FULL OF LOVE

Family is everything to Amelia. By her side on her special day were her twin sister, Lady Eliza, who served as maid of honour; her older sister and bridesmaid, Lady Kitty, 32; her younger brother, Samuel Aitken, 19; and her mother, Victoria.

"Watching Amelia and Greg take their vows was very moving, and my heart is full of joy for them," Victoria tells *Hello!* "I've never seen my daughter look more beautiful or more truly happy. They could not love each other more."

Adds Eliza, "It fills my heart to see my sister marry her soulmate, her best friend and the love of her life."

Amelia was spending those last unforgettable moments before the ceremony with the women closest to her when she experienced an extraordinarily poignant moment.

"As I was revealing my dress to my bridesmaids, a feather landed on my veil," she says. "Then the sun came out a minute before the ceremony and it stayed sunny all day. I believe in a higher power, and I thought it was beautiful and special. Someone was saying, 'This is right – this is meant to be.'

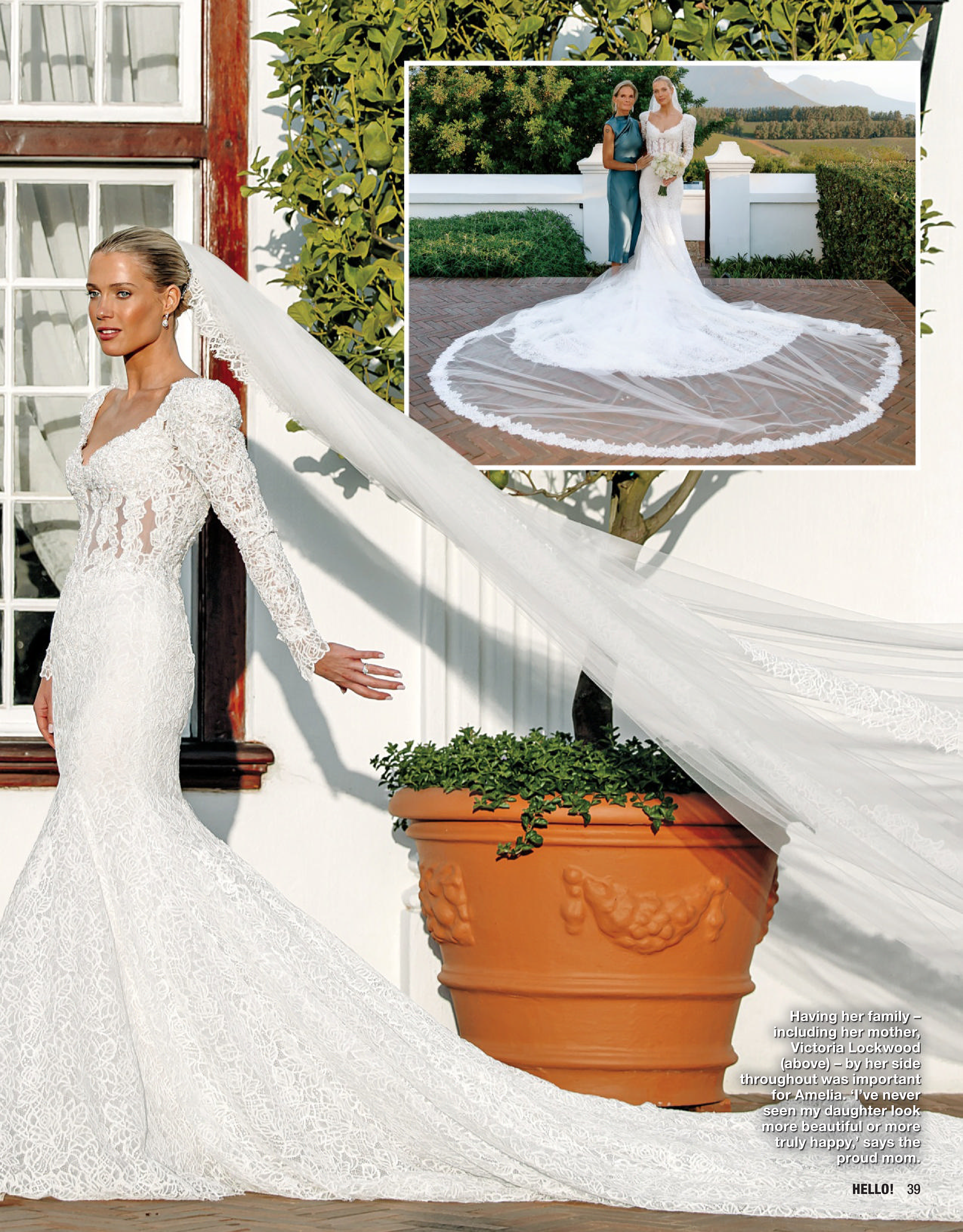
"Anyone who has passed away, who we've loved in our lives, they were all there with us that day."

THE DAY BEGINS

Parting with tradition by choosing not to spend the night before their wedding separately, Amelia and Greg started the day together at La Cotte, the wine farm where they and most of their guests stayed on the eve and night of the wedding.

Then the bride and her bridesmaids – Eliza, Kitty, Greg's sister Fiona and Amelia's friends Leila Gordon, Lexi Ryman, Jacinta Spencer, Alexia Tomazos and Zora Van Ginkel – made their way to Quoin Rock's bridal suite to begin preparations.

When it came time for the ceremony, the 122 guests took their seats on the lawn in front of ▶

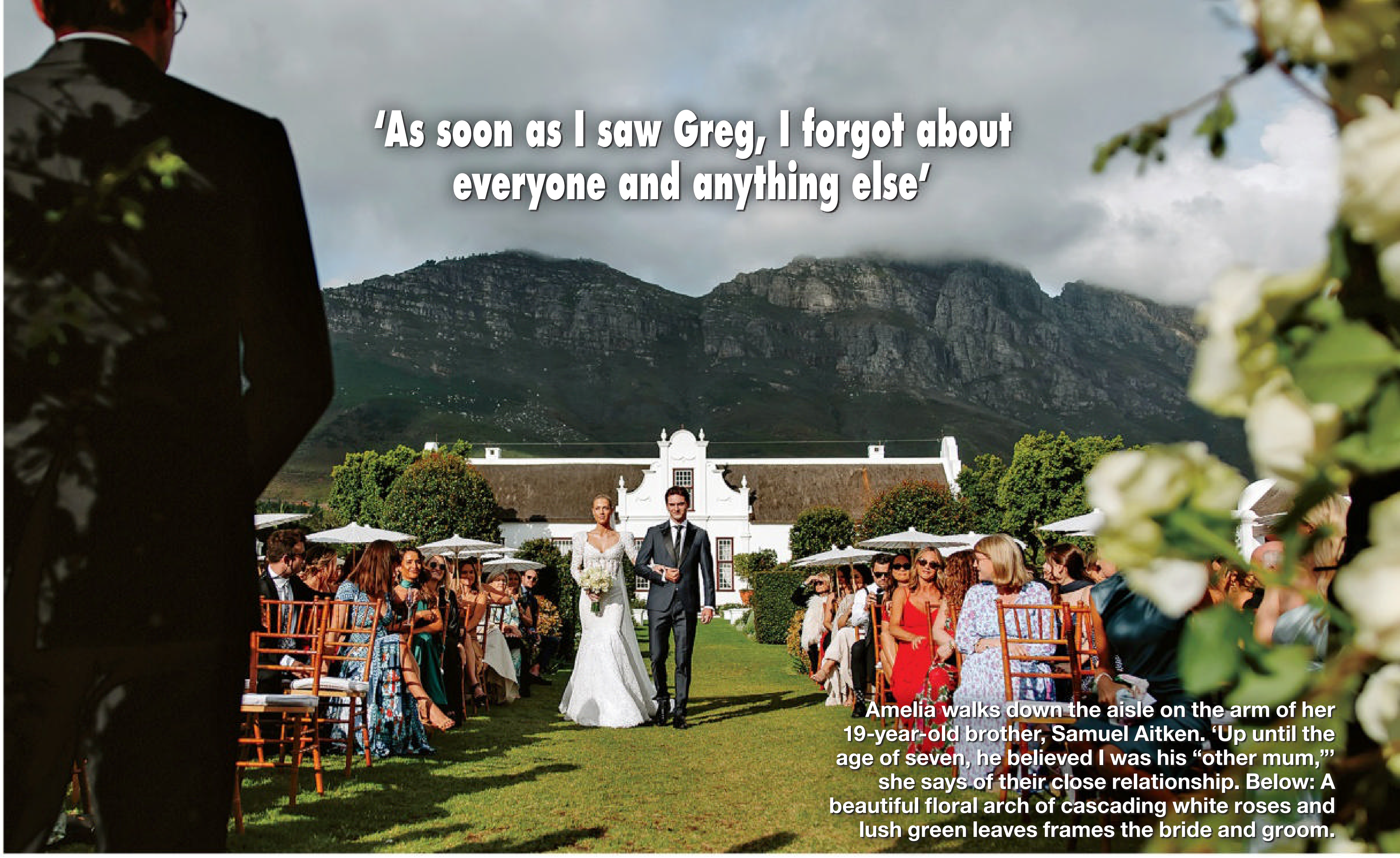


Having her family – including her mother, Victoria Lockwood (above) – by her side throughout was important for Amelia. 'I've never seen my daughter look more beautiful or more truly happy,' says the proud mom.

> **‘It fills my heart to see my sister marry her soulmate, her best friend and the love of her life’**
>
> **– *LADY ELIZA***

Amelia asked her sisters (here, with Eliza and far left, joined by Lady Kitty) to be bridesmaids in a special way. ‘I put together these little pink boxes with their names engraved on,’ she tells *Hello!* ‘I got a little pearl bracelet made for them and inside the box, it said: “Will you be my bridesmaid?”’

‘As soon as I saw Greg, I forgot about everyone and anything else’



Amelia walks down the aisle on the arm of her 19-year-old brother, Samuel Aitken. ‘Up until the age of seven, he believed I was his “other mum,”’ she says of their close relationship. Below: A beautiful floral arch of cascading white roses and lush green leaves frames the bride and groom.

the majestic Manor House.

Eliza, wearing a pale pink silk satin custom Versace slip dress, and Kitty, resplendent in Dolce & Gabbana, led the way down the aisle, followed by their fellow bridesmaids in pearl-grey Versace.

All eyes were on the bride as she made her entrance and walked to join her groom, waiting beneath a floral arch of cascading white roses and verdant leaves, to “I Get to Love You” by Ruelle.

“I never thought I was a crier, but then I saw Amelia walking down the aisle and I broke down in happy tears,” says Greg. “I was overwhelmed with love and emotion.

“We locked eyes – I was in absolute awe. I said to Amelia, when she got to me, ‘You are not only the most beautiful bride but the most beautiful person I have ever seen in my life.’”

“As soon as I saw Greg, I forgot about everyone and anything else,” adds Amelia, who held a simple and elegant bouquet of white roses, like her bridesmaids, crafted by Fleur le Cordeur.

Her father, Charles, was unable to attend the wedding; however, Amelia was proud to be walked up the aisle by her younger brother Samuel.

“It was one of the proudest moments of my life,” he says.

“Samuel is so special to Greg and I, so it just made sense,” adds Amelia fondly.

FAMILY FIRST

Highlights of the ceremony included readings by Amelia’s mother, Victoria, Greg’s mom, Karen, his sister Fiona and grandmother Vivienne, followed by a musical interlude when the Asili choir sang “Hallelujah.”

Making it even more special was the fact that Greg, impeccably dressed in a custom Atelier Versace black fine-wool-and-mohair wedding suit and a Charles Greig watch (a gift from Amelia), was joined by his father, Dave, who officiated at the wedding ceremony.

“He was the perfect person to marry us,” says Amelia, smiling. “I love and respect him so much.”

Telling *Hello!* how he was “both honoured and delighted” to play such a prominent role, Dave says: “Greg and Amelia have been very much a part of our lives these past 14 years – including living with us for 18 months during COVID.

“During that time, Karen and I were able to get to know them so well. We have such fond memories of the fun and laughter we had together over that time.

“As they begin their married ▶

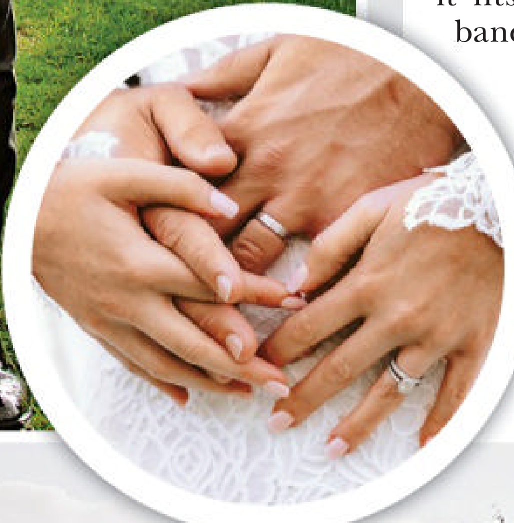
'I never thought I was a crier, but I saw Amelia walking down the aisle and I broke down' – *GREG*

lives together, we wish them much happiness and hope that we can remain as much a part of their lives as they have been in ours."

The couple exchanged vows they had written together and wedding bands they designed with Charles Greig Jewellers, the craftspeople who made Amelia's oval diamond halo engagement ring, with which Greg proposed at Clouds Estate in Stellenbosch in July 2020. "I designed Amelia's engagement ring so it fits as one piece with the wedding band," he explains.

Once they had been pronounced husband and wife, Amelia and Greg walked back down the aisle to Ellie Goulding's "Still Falling for You" under a shower of white rose petals sprinkled by the jubilant wedding party.

Full of pride for her son and new daughter-in-law, Karen tells *Hello!*: "This moment feels so ▶



The couple's Charles Greig wedding bands (above) have special engravings: 'Like the engagement ring, they've got these symbols engraved: Table Mountain and a half moon,' Greg tells us. 'It's quite special because it keeps it unique to you as a couple.'

After being pronounced husband and wife (below), the couple are joined by family and friends for a special moment (above). Greg's mom, Karen, wipes away a tear as she sits front row with his grandmother Vivienne and his groomsmen (right). And the mother-of-the-bride (far right) gives one of the readings.

'Greg and I went off and sat on a sofa outside and watched the sunset. We just hugged each other for 15 minutes'

right. We are enormously happy for them."

Neighbouring Table Mountain's silhouette at sunset provided the perfect backdrop for cocktail hour, when guests mingled in the venue's beautifully manicured gardens. Meanwhile, the bride and groom snuck away for some precious moments together.

"We were advised to take moments as a couple to embrace everything about the day – and we did," says Greg.

"During the cocktail hour, Greg and I went off and sat on a sofa outside and just watched the sunset," adds his bride, smiling. "We just hugged each other for 15 minutes."

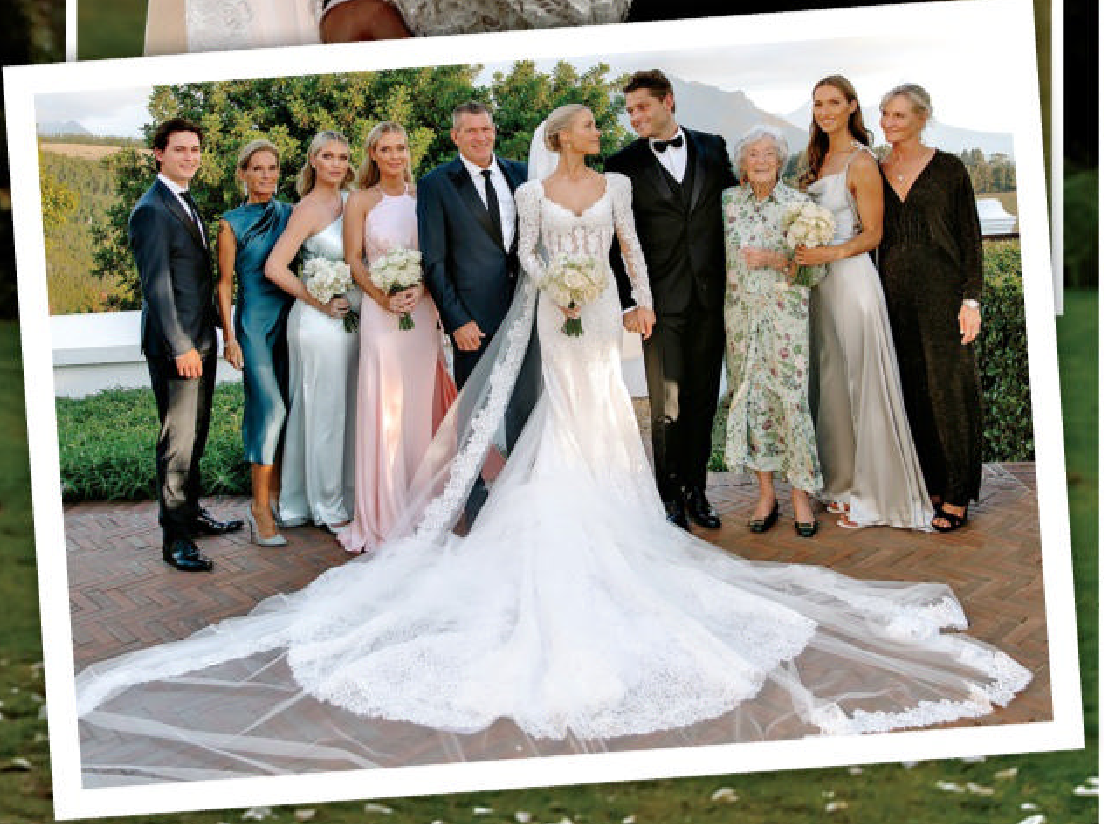
LET THE CELEBRATIONS BEGIN

Once they rejoined their wedding party, they all made their way through the classic Cape Dutch-style Manor House to the rear lawn for dinner, where they were greeted by panoramic views of the picturesque Stellenbosch winelands.

Making their official entrance as husband and wife to rapturous applause, the bride and groom cut their rustic yet modern wedding cake, made by Sweet LionHeart, adorned with white roses and flavoured with the couple's favourite, salted caramel.

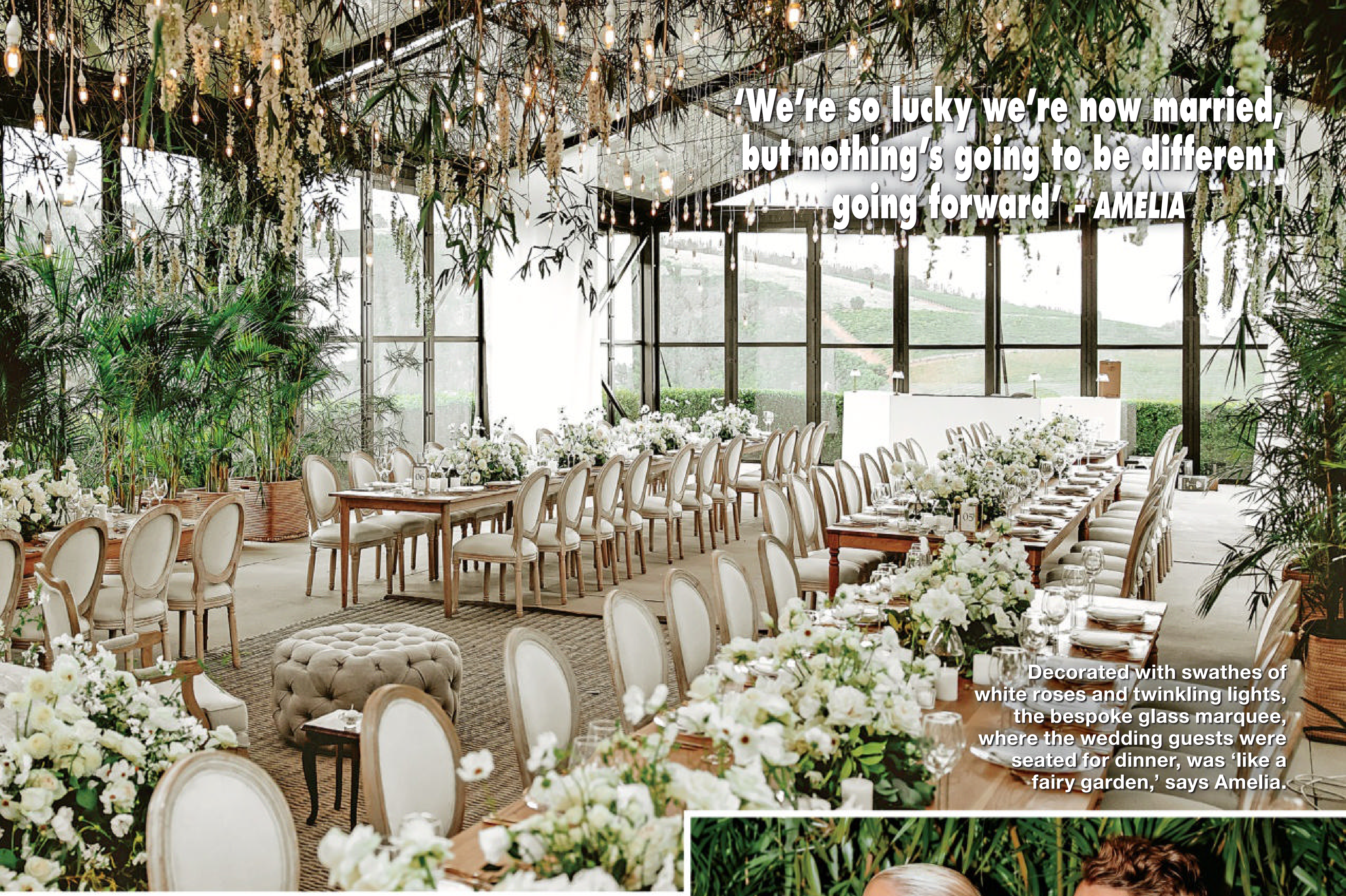
'FAIRY GARDEN' SETTING

George Woodhouse, the husband of Amelia's cousin Celia Rose McCorquodale (daughter of Diana's older sister Lady Sarah), was on hand ▶



The newlyweds with their loved ones (from left): Samuel, Victoria, Kitty, Eliza, Greg's dad, Dave – who officiated the ceremony – and his grandmother Vivienne, sister Fiona and mom Karen.

Greg and Amelia enter the Manor House, which has a spectacular courtyard (bottom right).



> 'We're so lucky we're now married, but nothing's going to be different going forward' – *AMELIA*

Decorated with swathes of white roses and twinkling lights, the bespoke glass marquee, where the wedding guests were seated for dinner, was 'like a fairy garden,' says Amelia.

to welcome everyone in his role as MC.

Guests took their seats inside a bespoke glass marquee festooned with swathes of white roses and twinkling lights – "like a fairy garden," says Amelia – erected by Elite Marquees and decorated by Altijd by Jana Gouws.

They then enjoyed an Italian feast, created by chef Ollie Swart and his team at Annalize Catering, with rigatoni pomodoro followed by steak tagliata, linefish with roasted garlic and champagne velouté or griddled eggplant tagliata for their main.

"It's an Italian-themed menu because it's always been our favourite place to visit, and it's our favourite cuisine," says Amelia.

Eliza, Kitty, Samuel and Lady Lara Spencer – the 17-year-old daughter of Amelia's father and his second wife, Caroline Freud – gave an emotional speech between courses, as did bridesmaids Lexi and Leila. "My siblings' speech was so special, I cried a little," says the bride.

After the main course, glasses were raised as best man Doug and Greg said some heartfelt words.

"My speech tugged on my heartstrings, so I was quite nervous, but I think I got most of my tears out during the ceremony," says Greg, laughing.

He also took the opportunity to thank the couple's wedding planner, Anne Mann, of Anne Mann Celebrates: "Anne kept us so calm and didn't leave a stone unturned. She was incredible."

Then it was time for the bride and groom to have their first dance, to Bob Dylan and Johnny Cash's "Girl from the North Country."

With espresso martinis and desserts of honeycomb gelato and red velvet cheesecake circulating – and the bride having changed into a beaded dress by Pronovias – the evening's festivities were topped off with a surprise outdoor party area on an elevated lawn, set up by ▶

After the happy couple share their first dance (far left) to Bob Dylan and Johnny Cash's 'Girl from the North Country,' the bride (right) starts the party off in style. Left: Greg and Amelia's wedding cake, adorned with white roses and flavoured with their favourite, salted caramel.

LIGHTING: UNFAZED PRODUCTIONS. SOUND: F-SHARP SOUND. STAFF: ASAP STAFFING. LADY AMELIA'S EARRINGS: CHARLES GREIG

'In my vows, I said to Greg, "In my heart, you've always been my husband and soulmate"'

The bride changes into her second stunning dress of the day – a beaded design by Pronovias – and the party continues into the early hours of the morning.

Salute Bar Services.

Dancing, fuelled by tunes from Starlight Agency's DJ Nathan Ambach, Musicselecta, DJ Jo, Play String Quartet, Jason Ward the Percussionist, Goodluck, and Asili Vocal Ensemble went on until 3 a.m.

HAPPY EVER AFTER

It was at age 17 that Amelia was introduced to Greg, then 19, through mutual friends when she was at school and he was in his first year of university. They clicked straight away and fell in love soon after.

The pair grew up together in Cape Town, where Amelia lived with her mom and siblings from the age of three before relocating to London in 2021. Amelia continues to work with prestigious modelling agency Storm Model Management, while Greg pursues a career as a coach and hopes to start his own company.

Having been together for so long, Amelia and Greg don't expect much to change as they enter the next chapter of their love story.

"In my vows, I said to Greg, 'In my heart, you've always been my husband and soulmate,'" says Amelia. "We're so lucky we're now married, but nothing's going to be different going forward." However, they do plan to start a family. "I want little Malletts one day," she tells us. "We'll wait a little bit, but we have both always loved kids and want our own."

After heading off on a luxurious beach honeymoon, the couple are now enjoying every minute of their newlywed bliss.

"My love for Amelia has been reborn," says Greg. "Every day, I fall more in love with this beautiful human by my side." H

INTERVIEW: EMILY HORAN
PHOTOS: AYEH.K PHOTOGRAPHY &
MISCHA DURRANT PHOTOGRAPHY
VIDEO: VISION ON FIRE
MAKEUP: RENEE DE WIT HAIR: MARY GOUVEIA

BACK ON BRITISH SOIL

PRINCE HARRY

TOUCHES DOWN IN LONDON WEEKS BEFORE THE CORONATION

While heading into a London courthouse, Harry was friendly with photographers. It's his first time home since he and Meghan attended the Queen's funeral (left) and have been asked to give up their Windsor home, Frogmore Cottage (bottom left).

With a warm smile, the Duke of Sussex gave a round of "Good mornings" to photographers waiting outside London's High Court to greet him.

The prince travelled from his home in Montecito, Calif., to the U.K. for the first time since the Queen's funeral – and since he published his tell-all memoir, *Spare* – to attend a hearing for his privacy case against Associated Newspapers, publisher of the *Daily Mail*. Harry, 38, and a few other famous names, including Sir Elton John and Elizabeth Hurley, claim the news outlet bugged their homes and tapped their phones. A judge is set to decide if the case should move forward.

FAREWELL TO FROGMORE

On this trip, Harry is reportedly staying at Frogmore Cottage, the Windsor home he shared with wife Meghan, 41, before they moved to the U.S. But it will likely be one of the last times as Harry's father, King Charles, has asked the Sussexes to vacate the residence.

Meanwhile, the couple have yet to give a definitive answer as to whether they'll be returning to the U.K. with their children, Prince Archie, 3, and Princess Lilibet, 1, for the coronation on May 6, which is also Archie's fourth birthday. While His Majesty's office has confirmed that the Sussexes received an invitation, the palace spokesperson added, "An immediate decision on whether the duke and duchess will attend will not be disclosed by us at this time." H

CLOCKWISE FROM BOTTOM LEFT: GRAHAM PRENTICE/ALAMY; CHRIS JACKSON/GETTY IMAGES; JORDAN PETTITT/GETTY IMAGES

1. A.J. McLEAN

Splits from wife Rochelle

Backstreet Boys singer A.J. McLean, 45, and his wife, makeup artist and hairstylist Rochelle DeAnna, 41, are taking some time apart. The pair – who have been married for 11 years and share daughters Elliott, 10, and Lyric, 6 – confirmed that they've temporarily separated to "work on" themselves and their marriage. "The plan is to come back together and continue to nurture our love for one another and our family."

2. MARTINA NAVRATILOVA

Tennis legend beats cancer for a second time

After having been diagnosed with throat and breast cancer last year, tennis icon Martina Navratilova, 66, shared the happy news that she's in remission. Speaking on *Piers Morgan Uncensored*, the former world number one, who survived breast cancer in 2010, said she will be "good to go" after receiving further preventative radiation treatment. "As far as [the doctors] know, I'm cancer-free," said the star.

Quote of the week

"I don't have dinner anymore. I stop eating at four, and I learned that from having lunch with Bruce Springsteen"

In the name of staying in rock-star shape, Coldplay frontman **Chris Martin** has gone cold turkey when it comes to supper

3. ANDREW LLOYD WEBBER

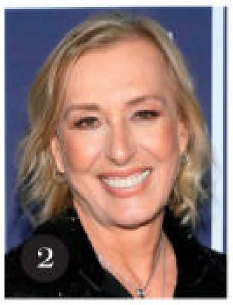
"Shattered" over death of son Nicholas

Legendary composer Andrew Lloyd Webber has lost his eldest son. In an official statement, the father of five, who wrote the music to hits such as *Cats*, announced that his "beloved son" Nicholas Lloyd Webber – a Grammy-nominated composer and producer – had died of gastric cancer and pneumonia. He was just 43. "I'm shattered," read the candid message from Andrew, 75. "His whole family is gathered together, and we are all totally bereft."

4. LINDSAY LOHAN

***The Parent Trap* star is going to be a mom**

Less than a year after tying the knot with financier Bader Shammas, actress Lindsay Lohan is expecting her first child. "We are blessed and excited!" the former child star, 36, wrote on Instagram, and her famous friends were quick to show their support. "Congratulations, love! So happy for you. Welcome to the Mommy Club," wrote Paris Hilton. Lindsay and Bader have since jetted off for an apparent "babymoon" in Dubai.



5. ADELE

Says "Hello" to an extended residency

It's not the end! Just as she was wrapping up her run in Las Vegas, superstar Adele, 34, announced that she's extending her residency. "Playing to 4,000 people for 34 dates is not enough," she told her audience on March 25, "so I am coming back." The Grammy winner will play 34 more dates of the "Weekends with Adele" show (between June 16 and Nov. 4) and revealed that she intends to film the concert to "make sure that anyone who wants to see this show can see it."

6. GINA RODRIGUEZ

Welcomes a baby boy into the world

Jane the Virgin star Gina Rodriguez has become a mom. The actress, 38, gave birth to a baby boy with her husband, actor Joe LoCicero, whom she met on the set of her hit series. Shortly after announcing her pregnancy with a romantic video and a clip of a positive pregnancy test, Gina revealed that Joe, 36, planned to be a supportive partner on the childbirth journey. "[He] is training to be my doula," she told *Entertainment Tonight*. "He's really next-level."

IN THE SPOTLIGHT

Gwyneth Paltrow takes the stand

Actress Gwyneth Paltrow has appeared in court to defend herself after being accused of "reckless" skiing that led to a collision at an upscale Utah resort in 2016.

A court in Park City heard claims that the Oscar winner, 50, was "distracted" when she crashed into retired optometrist Terry Sanderson, 76, causing injuries that include brain damage and four broken ribs. The doctor is suing the mother of two for US$300,000 in damages, while Gwyneth has countersued for $1, plus legal fees.

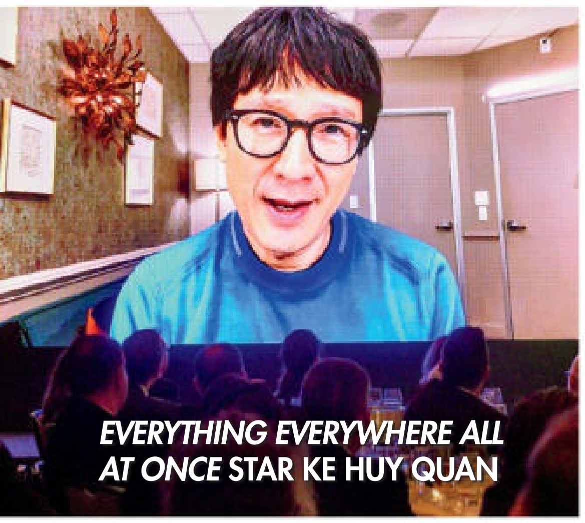
The *Iron Man* star denied all wrongdoing as she recalled the ski day she had spent with husband Brad Falchuk and her children, Apple, 18, and Moses, 17. "Mr. Sanderson categorically hit *me* on that ski slope," said Gwyneth.

"I feel very sorry for him," she said at one point. "It seems like he's had a very difficult life. But I did not cause the accident, so I can't be at fault for anything that subsequently happened to him."

At press time, it was expected that Gwyneth's kids and husband could be called to testify.

LEFT TO RIGHT, TOP TO BOTTOM: KEVIN WINTER/GETTY IMAGES; RB/BAUER-GRIFFIN/GETTY IMAGES; KURT KRIEGER/GETTY IMAGES; BRAVO/GETTY IMAGES; PAUL ARCHULETA/GETTY IMAGES; ADELE INSTAGRAM; TOMMASO BODDI/GETTY IMAGES; MICHAEL SIMON/SHUTTERSTOCK

TIFF CEO CAMERON BAILEY AND *BROTHER* DIRECTOR CLEMENT VIRGO


EVERYTHING EVERYWHERE ALL AT ONCE STAR KE HUY QUAN

CAITLIN CRONENBERG, DAUGHTER OF NOMINATED FILMMAKER DAVID

EMERGING ARTIST WINNER CAROL NGUYEN AND PRESENTER RICK MERCER

RICEBOY SLEEPS STAR ETHAN HWANG ACCEPTING FOR DIRECTOR ANTHONY SHIM

BROTHER STARS LAMAR JOHNSON AND KIANA MADEIRA

A SPECIAL NIGHT FOR CANADA'S FILMMAKERS

Once a year, members of the Toronto Film Critics Association break free of darkened theatres – and party as they toast movie excellence! At the recent TFCA Awards, hosted by *The Handmaid's Tale* actress Amanda Brugel, a number of Canadian celebrities joined in on the fun, lighting up the red carpet at Toronto's Omni King Edward Hotel. *The Flash* star Robbie Amell was suited up in black for the occasion, as was *The Last of Us* actor Lamar Johnson. And *Never Have I Ever* actress Maitreyi Ramakrishnan was radiant in a pink number by Rubin Singer. "I could not watch so many movies and dissect them the way that critics do," Maitreyi, 21, told *Hello! Canada*. "It's such an amazing skill."

Inside, awards were given to stars including Vietnam-born Oscar winner Ke Huy Quan, who accepted his best supporting actor honour via video. And the night's biggest prize – the $100,000 Rogers Best Canadian Film Award – went to 36-year-old Vancouver director Anthony Shim (*Riceboy Sleeps*), who beat out veteran filmmakers Clement Virgo (*Brother*) and David Cronenberg (*Crimes of the Future*).

AMANDA BRUGEL AND MAITREYI RAMAKRISHNAN

ROBBIE AMELL

GEORGE PIMENTEL PHOTOGRAPHY

CLOCKWISE FROM TOP LEFT: GOTHAM/GETTY IMAGES; JOSE PEREZ/BAUER-GRIFFIN/GETTY IMAGES; GOTHAM/GETTY IMAGES; ALBERT L. ORTEGA/GETTY IMAGES; JOSE PEREZ/BAUER-GRIFFIN/GETTY IMAGES; MEGA/GETTY IMAGES

QUIET ON THE SET! THE STARS ARE READY TO ROLL

Some of our favourite performers are giving us a glimpse of things to come, starting with Selena Gomez (above), looking every inch the blushing bride as cameras rolled for the upcoming third season of *Only Murders in the Building*. Right by her side in New York City were co-stars Martin Short and Steve Martin (top right), reminding us of their comedic *Father of the Bride* days, when Steve played a proud papa and Martin entertained us as a high-strung event planner.

Also taking the Big Apple by storm, Melissa McCarthy (left) was in character for *Bernard and the Genie*, a comedy about a magical muse who comes to the aid of a workaholic family man. And Lady Gaga (right) brought head-turning style to the set of sequel flick *Joker: Folie à Deux* as the latest incarnation of comic villain Harley Quinn.

Colin Farrell (far right), meanwhile, was unrecognizable while filming his *Batman* spin-off series, *The Penguin*. Becoming the eponymous Gotham crime lord means hours in the make-up chair, but the Irish actor doesn't mind. Colin calls his turn as the super-villain in last year's *The Batman*, one of the most "celebratory experiences I've had in making pictures in 20 years."

HOROSCOPES

BY OSCAR CAINER

ARIES

March 21 – April 20

We like to know where we stand, so we often stick with the familiar. But no matter how hard we try to ensure that life runs smoothly, the cosmos seems keen to send us down rough, winding roads. That's why you're facing a challenge and seeking a solution. But in April, even if you find yourself in unknown territory, you'll find innovative – and fun – ways to make things work out.

ROBERT DOWNEY JR. TURNS 58 ON APRIL 4

SAGITTARIUS

Nov. 23 – Dec. 21

When we're young, we learn that we can't have everything we want and we need to be able to prioritize. Yet, sometimes, it really is possible to have our cake and eat it, too. For some time now, you've been dealing with a dilemma. It feels like a stark choice has to be made. But in April, if you use your initiative and look beyond the obvious, you'll discover a new option you can implement successfully.

TAURUS

April 21 – May 21

Just because a plan hasn't worked out doesn't mean you should give up. Is there a risk of failure? Sure. But there's also a risk of success. We're contrary creatures. Sometimes, even if we end up getting what we're after, we don't like it as much as we thought we would. And the opposite is true, too. The journey itself opens doors of opportunity. If you have a goal in mind, keep at it. There's much to gain.

GEMINI

May 22 – June 22

It's not only the best things in life that are free. While there's no charge for sunsets, love and friendships, we don't have to pay for stress, worry and pain either. We can have as much of these as we want. This month is about discernment, as it brings opportunities to get rid of something you have too much of and get more of what you need. Just be selective about what you choose to give and take.

CANCER

June 23 – July 23

I'm surprised you've got time to read this! Aren't you overwhelmed with tasks that need your attention? With dynamic Mars in your sign, when chances to reflect come your way, seize them. And use the time to assess your energy levels and actions. Sure, there's lots to do. But does it *all* need doing? If you can find a way to relax, you'll be able to zero in on priorities, and that's the key to making progress.

LEO

July 24 – Aug. 23

Astrologers talk about your self-confidence. You're famously assertive. But this isn't a characteristic you always recognize in yourself. There are times when you'd prefer to be on the receiving end of other people's guidance. If you feel inclined to retreat in April, there's nothing wrong with that. You're just waiting for the right moment. When it comes, you'll know–and you'll make the perfect move.

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VIRGO

Aug. 24 – Sept. 23

"There are more questions than answers. And the more I find out, the less I know." Although this Johnny Nash lyric might sum up the confusion you're feeling, there's a way to simplify the matter. Rather than seek the "right" answer, just pick one you like. And trust – your intuition is powerful, but you underestimate it. The blue solar eclipse urges you to follow your heart. It will lead you in the best possible direction.

LIBRA

Sept. 24 – Oct. 23

Most of the time, we bumble along, doing the same old things and dealing with similar situations. But life can surprise us with wake-up moments, making us aware that our circumstances have changed. These awakenings are precious – they're indications of the evolution of our higher level of consciousness. April brings a revelation. And if you act on it, you can transform your world in a delightful way.

SCORPIO

Oct. 24 – Nov. 22

You're not shy and retiring – or at least not when you're passionate about something. When you have a cause to fight for, you're a force to be reckoned with. Woe betide the person who underestimates you. Events in April enable you to show your strengths and go beyond your usual boundaries. Your ability to successfully rise to a challenge will be impressive – and remembered for a long time to come.

CAPRICORN

Dec. 22 – Jan. 20

Life is a bit like a department store. If you're looking for relationships and hobbies, head for the first floor. For domestic needs, it's the second. Creative pursuits and adventures are on the third. The elevator of life offers many options this month. But it's not a question of going up or down; it's about making the most of the floor you find yourself on. Appreciate what's on offer and you'll find lots to celebrate.

AQUARIUS

Jan. 21 – Feb. 19

So much of our time is taken up keeping promises and making choices on behalf of the people we feel responsible for. There's always someone whose requirements we try to consider. We might make different decisions if we weren't trying to satisfy their needs. April brings a chance to reassess some commitments. And if you step back, you'll find the freedom to focus on yourself, which is what you deserve.

PISCES

Feb. 20 – March 20

We all want to experience a sense of belonging. We're on the right track when we know what's expected of us, which gives us a sense of what we can expect in return. But when events seem to strike at the foundation of such an understanding, we feel insecure. April brings reassuring, pragmatic affirmation that your commitment to a project is worthwhile. You're on the right path.

PUZZLE SOLUTIONS

MARCH 27 (862/863)

CROSSWORD

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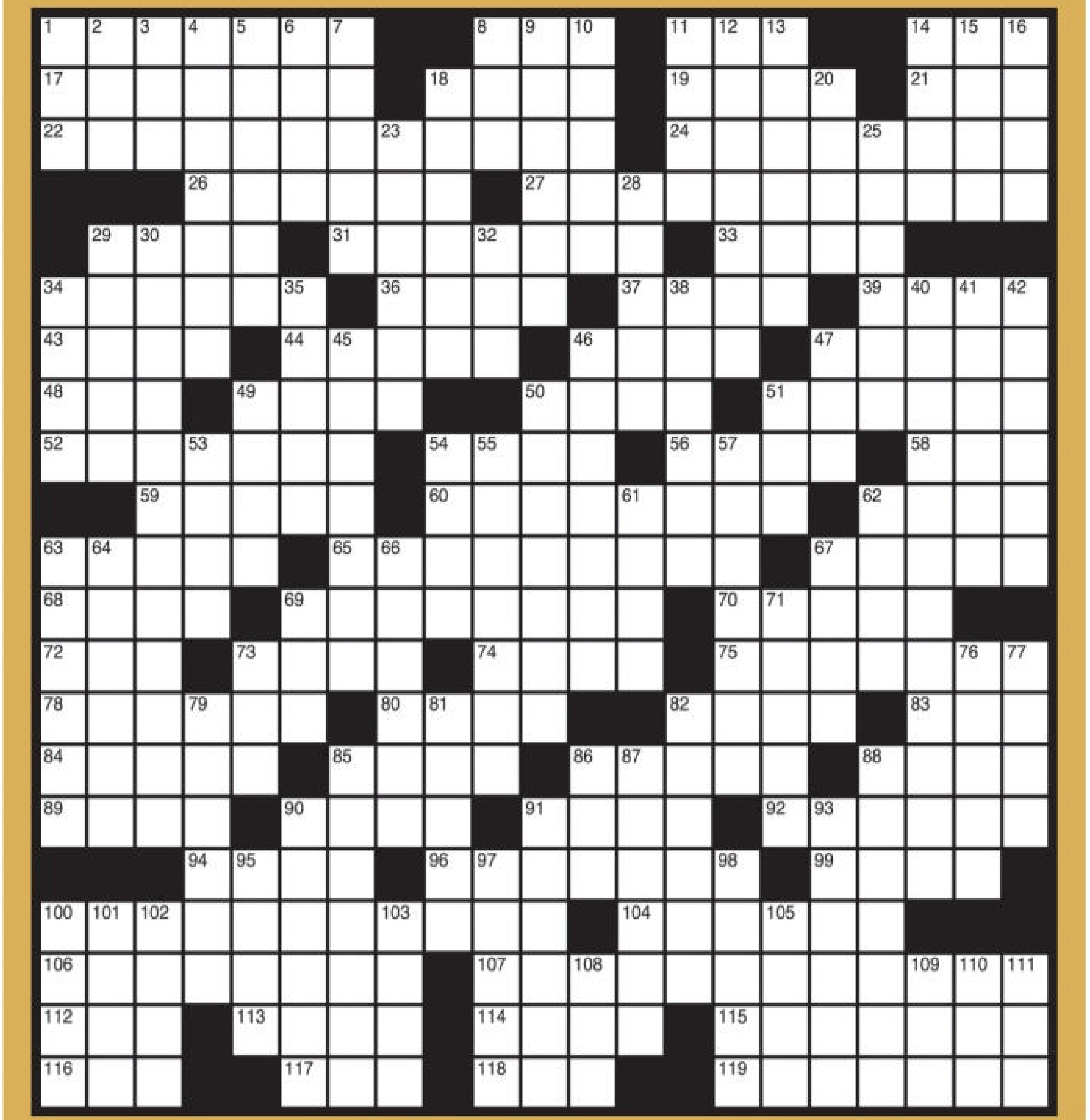
MATT BARON/SHUTTERSTOCK

BACK ISSUES



CROSSWORD

BY GARY LARSON & AMY ENSZ

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SUDOKU

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A SPECIAL INTEREST SECTION BY MEDIAPLANET

Pet Health & Wellness

CANADIAN PET EXPO
Canada's largest family pet event
April 7th-9th, 2023

Being a Social Media Princess Is Hard Work

Mediaplanet chatted with the opposable thumbs behind Nala's fame. Nala's owners are spreading happiness, driving social good, and educating pet owners everywhere.

What advice would you give to someone who's looking to add a furry addition to their family?

My number one piece of advice is to realize that adopting a pet is a long-term commitment. A lot of people get kitten fever and just want to adopt animals that look cute. But that cute kitten could be a 20-year commitment, if you're lucky.

Another thing is to make sure you take into consideration all the other things that come with being a pet owner, like the financial responsibility. And pets are beyond cute but sometimes they're messy, too. You need to be prepared for that.

Finally, make sure you pick the right kitty for you. When you go to the shelter, ask the people who've been caring for these cats about their personality types. Some people prefer a super playful, crazy cat while others want a lap cat. Don't just pick a cat based on their appearance. Their personality has to fit your lifestyle and your home.

How has Nala's public figure status changed your life and Nala's life?

It has definitely changed our lives. I still feel like I'm living in a dream. We get to work from home and to be with our pets. We can make our own schedule. I feel like we got really lucky.

Nala changed our lives by giving us this opportunity that we never thought we would have.

She also pushes us beyond what we're comfortable doing every day. Going on The Steve Harvey Show was the most terrifying experience ever, because I'm camera-shy and have stage fright, but it ended up being amazing. Nala pushes us to be better people. She forces us to figure things out. We get an offer, and then we have to learn how to do it.

Nala also changes a lot of animals' lives, through the donations. We just try our best to help and to spread love and happiness. 🐾

To read the full interview visit **truenorthliving.ca**.

Follow Nala on Instagram **@nala_cat** to see her adventures.

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CANADIAN
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PET EXPO

Pet Food That Maximizes Ingredient Benefits and Improves Pets' Health

Pet wellness company Nutram takes an effective, holistic approach to dog and cat food to best support animal health.

Katherine Cappellacci

For 30 years, Nutram has been providing top-quality pet food to Canadians and 30 other countries worldwide. It's a family-operated company that's proudly 100 per cent Canadian-made — from its certified nutritionists to partnered farmers, manufacturers, and distributors, Nutram works exclusively with other national businesses.

Prioritizing food safety, the company's plant and processes are certified by the world-renowned British Retail Consortium. But what truly make the brand unique are its award-winning recipes created by its in-house holistic experts. Utilizing carefully selected natural ingredients, Nutram has created formulas that maximize health benefits.

While people often think about what they're putting into their own bodies, they don't always do the same for their pets. Many animal foods use cheaper ingredient alternatives that are less nutrient-rich or fattening. Some even contain artificial ingredients and chemical preservatives.

The quality of food is so important for dogs and cats. By eating select ingredients that are high functioning, they're able to live their lives to the fullest extent.

Trustworthy, wholesome options

Nutrition plays a vital role in a pet's overall health. "The quality of food is so important for dogs and cats," says Heather McKay, Nutram's Brand Manager. "By eating select ingredients that are high-functioning, they're able to live their lives to the fullest extent."

Nutram's recipes work because they prioritize gut health. Each formula is based on scientific principles and natural ingredients that optimize absorption. With that in mind, the company utilizes a carefully measured, moderate amount of dense, locally-sourced protein that can be fully absorbed and that encourages proper growth patterns.

What's most impressive about Nutram's process is the use of Optimum Combinations. "It's the pairing of two ingredients that both offer fantastic benefits on their own," McKay explains. "But when you combine them, they work even better together." The company has 22 combinations that boost mobility, digestion, muscle strength, bladder health, immunity, and more.

Decades of excellence

Each recipe contains two pairings customized to benefit the pets they're feeding, including puppies or kittens, adults, seniors, and large or small breeds. For these categories, there are three product lines.

First, Sound is for everyday wellness and provides wholesome, grain-based nutrition. Next is Ideal — a natural health alternative for animals who are combating specific health issues such as weight, skin, coat or stomach problems. Third, Total is grain-free and protein-centered around one meat like poultry, fish, or lamb, making it optimal for pets with allergies. Each recipe has an assigned Nutram Number to simplify the selection process.

Through its support of Canadian businesses, community involvement, and contributions to local charities (including the Feed4 initiative), Nutram is an ethical trailblazer dedicated to providing the best pet food on the market. 🐾

nutram
SOUND
BALANCED WELLNESS
Large Breed Puppy
Chiot grande race
S3

nutram
SOUND
BALANCED WELLNESS
S3

Visit **nutram.com** to find your pet's Nutram Number.

This article was **sponsored by Nutram.**

How to Find Out If Your Dog Is Allergic to Chicken

Chicken is a common allergen amongst pets, although it's an allergy that can be difficult to pinpoint.

Nutrience

Did you know that roughly 15 per cent of dogs are allergic to chicken?

HERE ARE SOME TIPS TO HELP DETERMINE IF YOUR DOG HAS A CHICKEN ALLERGY OR INTOLERANCE.

Symptoms to watch for:

- Excessive scratching
- Paw licking
- Recurring ear infections
- Biting leading to secondary lesions, hot spots, and other dermatoses
- Occasionally, gastrointestinal symptoms such as vomiting and diarrhea

Chicken allergies occur when the immune system recognizes chicken as being foreign and triggers an attack against it, sparking symptoms. Chicken sensitivities and intolerances don't trigger any immune reaction like an allergy would. Instead, they present as indigestion. Whether your dog has a chicken allergy, sensitivity, or intolerance, the solution is the same: finding a chicken-free diet.

Switch your dog to a chicken-free diet for a few days and observe them. If their symptoms diminish, you've likely found the source of their discomfort.

Nutrience offers many chicken-free formulas, including SubZero Prairie Red, which is prepared with fresh Canadian beef, bison, wild boar, Pacific wild-caught fish, and freeze-dried beef liver.

Nutrience's SubZero Canadian Pacific formula is made from fresh wild-caught salmon, herring, hake, sole, and cod. Fish is the most easily digested animal protein and the least likely to trigger an allergic reaction.

Nutrience Care Sensitive Skin & Stomach formula, meanwhile, is free of the most common dietary allergens, including chicken, grain, dairy, egg, lamb, beef, gluten, and meat meals. It's made with a mix of fresh salmon and hydrolyzed fish protein concentrate to reduce allergy risk and ease digestion.

While most pets can transition from one food to another in five to seven days, some tummies may require a longer transition period. Results from an elimination diet may not be visible for up to 12 weeks.

Allergies are no fun for pets or pet parents. Fortunately, if we can identify what the root cause is, we can help ease our furry friends' discomfort.

To learn more about how to help soothe your furry friend's symptoms, visit **nutrience.com.**

This article was **sponsored by Nutrience.**

Nutrience

Learn the Benefits of Slow Feeders and Why Your Cat Needs One

Slow feeders play on your cat's instincts by enticing them to work for their food, which helps keep them active and entertained.

Catit

In the wild, cats must hunt their prey. Housecats, however, often have their food served to them on a silver platter, and often overeat out of boredom.

Special feeding bowls called slow feeders, slow down fast-eating felines by appealing to their instincts, making them work for their food in a fun way.

With the Catit slow feeders your cat will feel like they are hunting for their meal, which helps prevent them from gobbling up their food and throwing up afterwards!

HERE'S A RUNDOWN OF THE VARIOUS CATIT SLOW FEEDERS:

Senses Food Tree

With four levels, multiple openings, and a stable base, the Catit Senses Food Tree challenges your cat to paw out snack-sized portions at a much healthier pace. Add kibble to the different levels and watch as your cat makes the kibble or treats fall down into the collector tray.

Senses Multi Feeder

The Catit Multi Feeder is perfect if you want to feed your cat both kibble and wet food. Simply fill the paw pit with kibble and serve wet food in the front part of the Multi Feeder. Cat food and treats can also be stored inside.

Catit Play Treat Puzzle

This playful puzzle combines six different fun activities for your cat to explore when you're not at home. The Treat Puzzle holds slightly less kibble or treats than the previous slow feeders, making it the ideal maze for a midday snack.

Senses Digger

This playful slow feeder consists of a base with bright green tubes, slowing down cats' eating as they paw out small portions of kibble.

Introduce slow feeders to your cat slowly and show them how to use it. Some cats will figure it out quickly, while others may need some time. Adding your cat's favourite treats is also a great way to grab their attention.

Catit Senses products all have a fresh, green style and were specifically designed to be mixed and matched. Change your cat's play environment frequently to keep them interested.

To learn more about slow feeders and to get your own, visit **catit.ca.**

This article was **sponsored by Catit.**

catit

The CVMA Wants to Help You Keep Your Pet Healthy and Happy

Giving your pet a happy, fulfilling life starts with providing them with fundamental elements known as the Five Animal Freedoms.

Lori Ahronson, Manager, Communications and Public Relations, Canadian Veterinary Medical Association

Animals are sentient beings and deserve to be treated with the same respect and care as any other family member. Owning a pet is a privilege and should result in a mutually beneficial relationship — however, the benefits of pet ownership come with responsibilities. It's important to select a pet that's suited to your home and lifestyle and to avoid impulsive adoptions. Pet ownership also requires an investment of time and money. Keep only the type and number of pets for which you can provide an appropriate and safe environment. And remember to include your pets in your emergency and disaster planning.

Most pets can live happy, fulfilling lives when provided with fundamental elements known as the Five Animal Freedoms. Animal owners can protect the Five Animal Freedoms by:

Providing proper nutrition

- Feeding the animals in your care with species-appropriate food, measured to meet the caloric intake specified for the animal's weight and age

Ensuring proper socialization

- Allowing the animals in your care to spend time with or away from members of their species as appropriate

Providing adequate shelter

- Providing the animals in your care with shelter that adequately protects them against environmental elements and provides adequate comfort

Providing appropriate veterinary care

- Providing the animals in your care with both preventative and reactive veterinary care to ensure optimal health

Allowing animals to exhibit normal behaviour

- Providing the animals in your care with the tools and accessories necessary to carry out normal species behaviour and not punishing the animals for carrying out said behaviour 🐾

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Visit the Public Rescourses section of **canadianveterinarians.net** for access to many articles about taking care of your pet or speak to your veterinary team.

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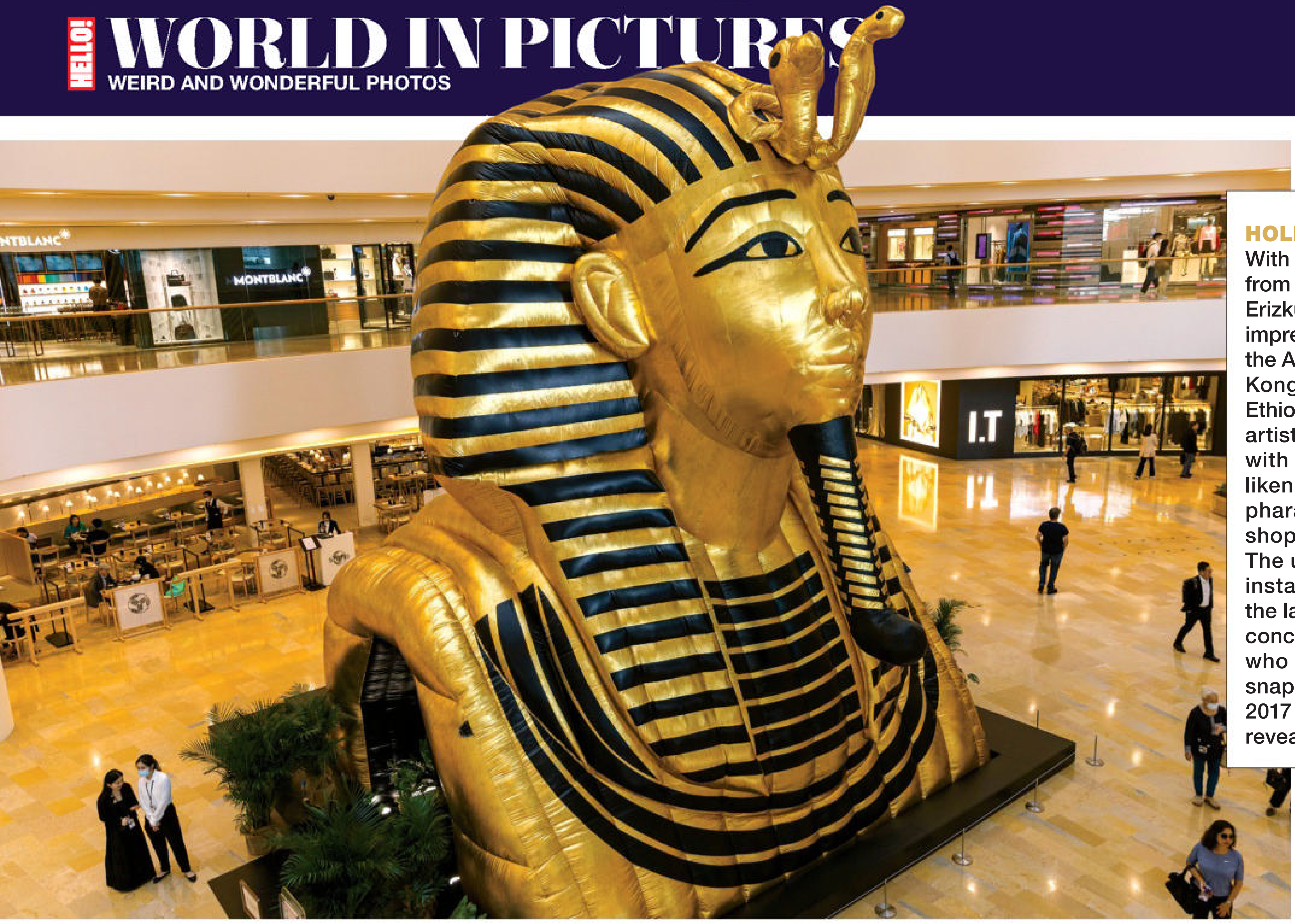
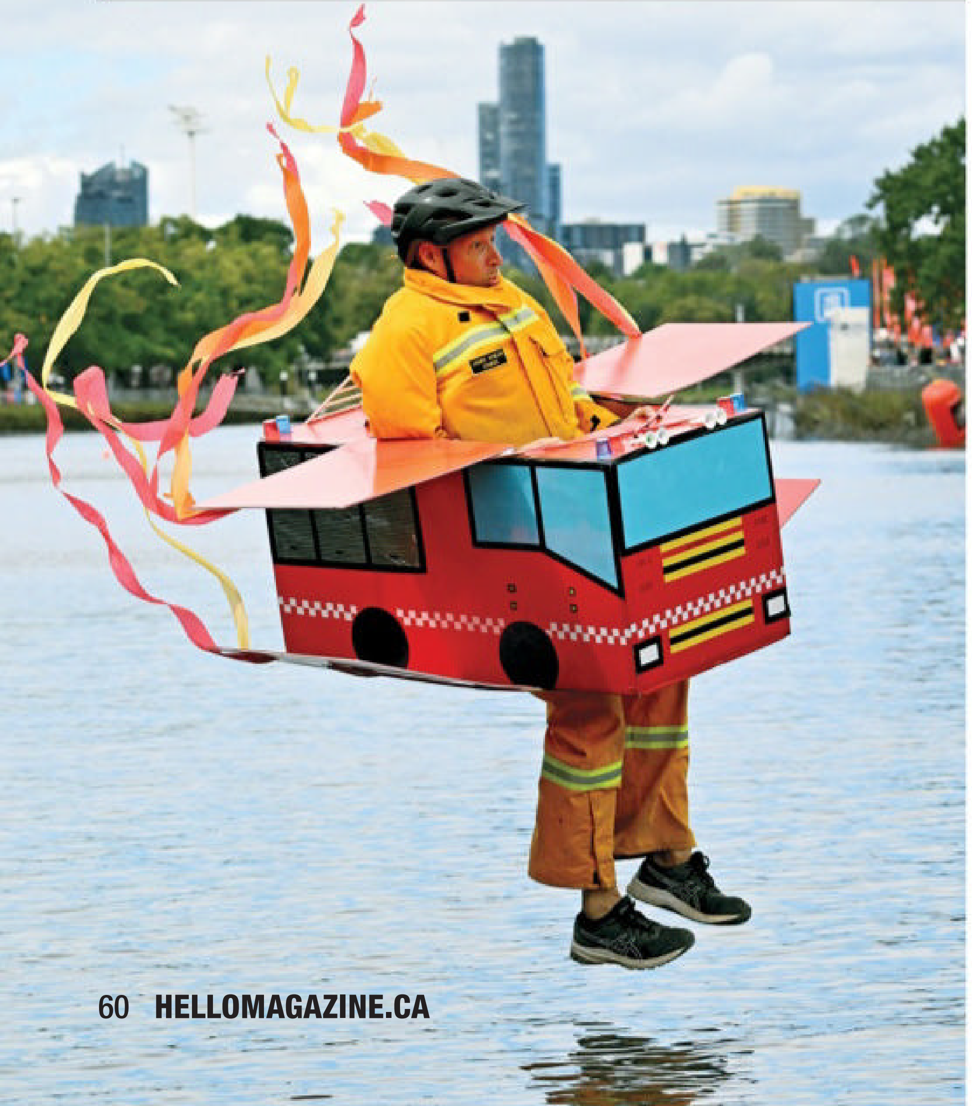


HOLDING COURT With a little help from King Tut, Awol Erizku made a big impression. During the Art Basel Hong Kong fair, the Ethiopian-American artist turned heads with a 10-m-tall likeness of the pharaoh in a shopping centre. The unexpected installation was the latest creative concept from Awol, who famously snapped Beyoncé's 2017 pregnancy reveal photo.

WINGING IT Flap-happy in a cardboard fire truck, Australian James Whelan is about to take a dip in Melbourne's Yarra River. The volunteer firefighter was one of many competitors at the annual Moomba Festival's Birdman Rally, a fundraiser that sees participants do their best to "fly" in homemade contraptions.

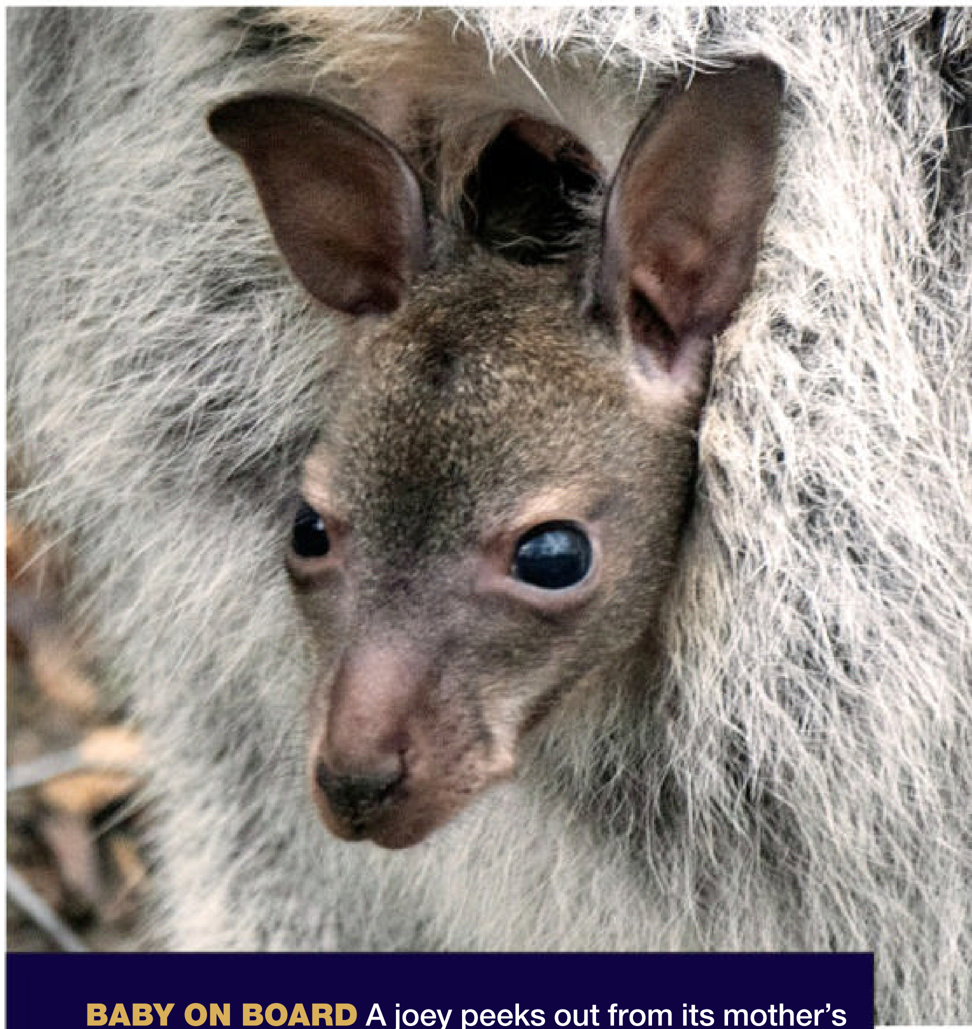


HANDLE WITH CARE The caring veterinarians at Hanover Adventure Zoo in Germany never hesitate to put their expertise to good use. At a clinic for stuffed animals, where kids brought in toy pals in need of TLC, the full treatment includes X-rays, bandages and tips on nursing plush playmates back to health.

DARING FEAT A barefooted man in Jinhua, China, prepares to walk over burning coals while performing Lianhuo, a traditional Chinese fire-walking ritual said to ward off evil spirits. Participants ensure their tootsies are extremely wet before attempting the daunting dash.

ROYAL TOPPING You can't get cheesier than Kate Willis, who donned a Domino's Pizza fascinator – containing the franchise's popular Pepperoni Passion pie – for the Cheltenham Festival's Ladies Day. "Having made the hat, I thought I may as well bring a Domino's with me to eat while watching the races," said the Londoner.

ONLY 100% MOZZARELLA
Domino's



BABY ON BOARD A joey peeks out from its mother's pouch to announce to Germany's Stralsund Zoo that the court has grown. Baby kangaroos like this one – thought to be six months old – are the size of jellybeans at birth. It's only after maturing in the pouch for four months that they're ready to start exploring the world on their own.

CLOCKWISE FROM TOP LEFT: JEROME FAVRE/SHUTTERSTOCK; VCG/GETTY IMAGES; PICTURE ALLIANCE/GETTY IMAGES; STUART C. WILSON/GETTY IMAGES; PICTURE ALLIANCE/GETTY IMAGES; WILLIAM WEST/GETTY IMAGES

HELLO! CANADA

Don’t miss a moment with your favourite royals

SUMMER IN STYLE
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PRINCE WILLIAM AT 40
DEVOTED DAD AND FUTURE KING
MONIKA SCHNARRE
CATCHING UP WITH CANADA'S FIRST SUPERMODEL
STYLE GAME CHANGERS
ENTERTAINING
FASHION
The Duchess of Cambridge
STEAL HER STYLE
A NEW ERA FOR THE ROYALS
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EXCLUSIVE MELANIE CHISHOLM
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AND THE AWARD GOES TO...

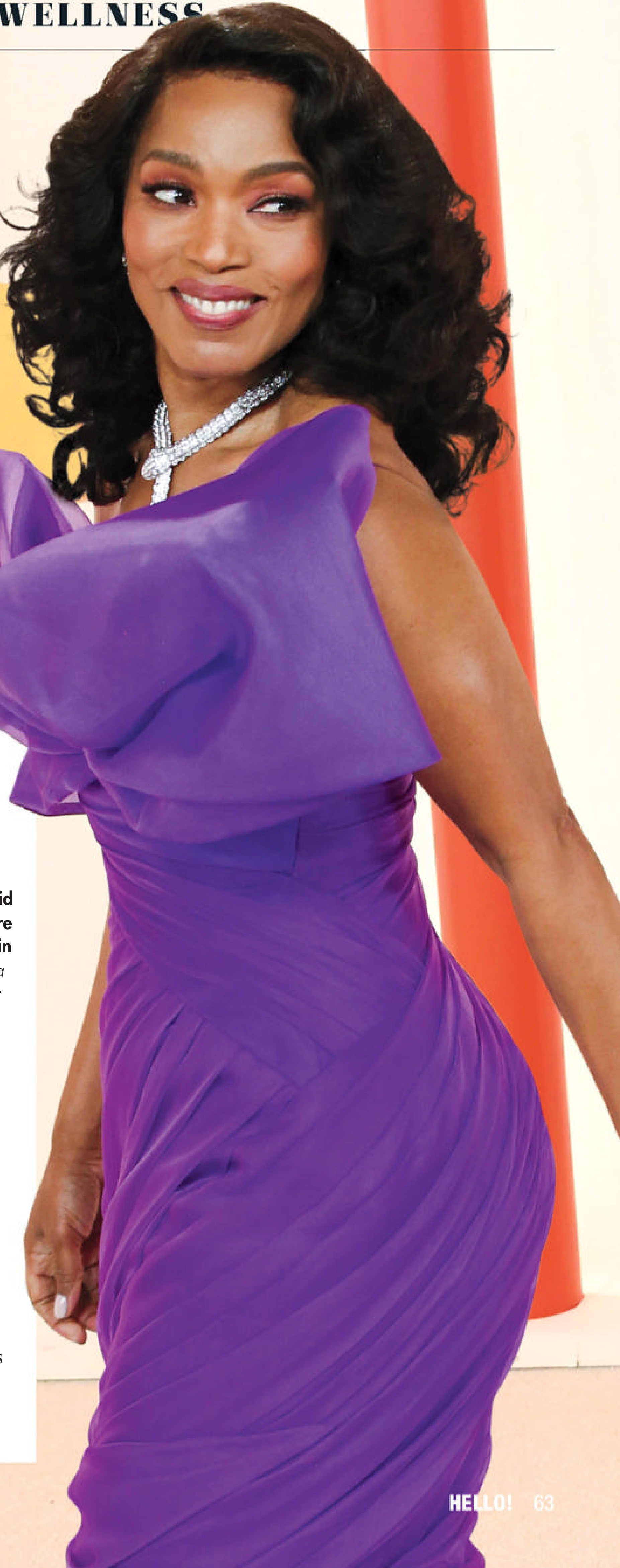
The year's best red-carpet beauty looks offer just the right mix of colour, sparkle and style

By Andrea Karr

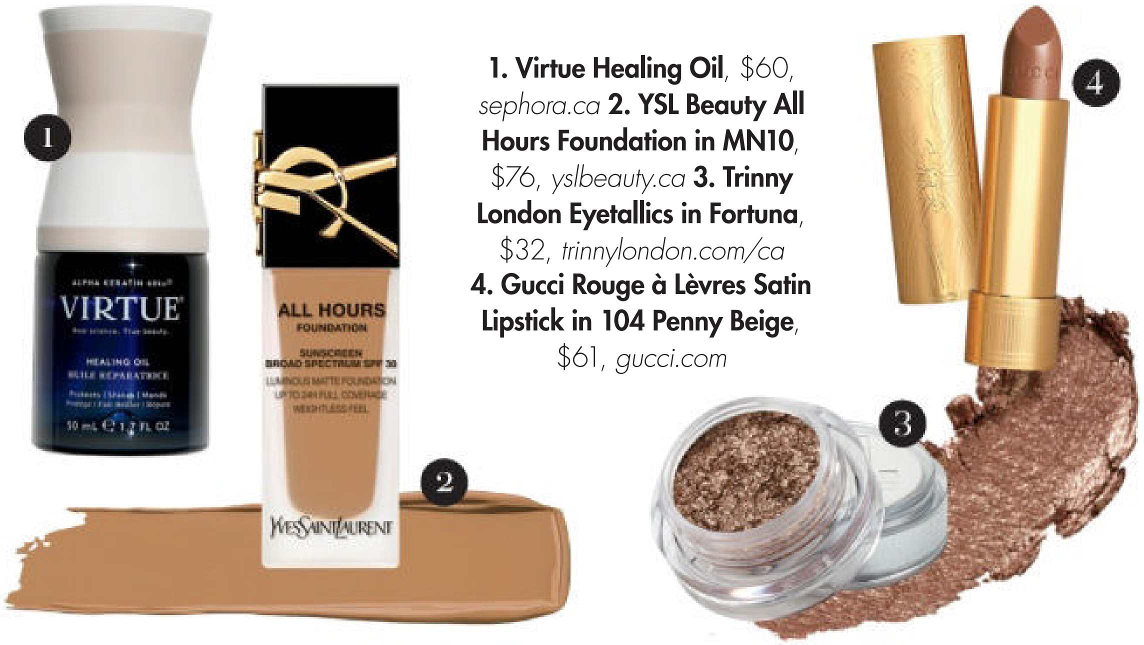
1. Fenty Beauty Fenty Icon Velvet Liquid Lipstick in RiRi, $38, *sephora.ca* **2. Rare Beauty Discovery Eyeshadow Palette in Give Yourself Grace**, $38, *sephora.ca* **3. L'Oréal Professionnel Serie Expert Metal Detox Oil**, $43, *chatters.ca* **4. Kiss Lash Couture The Muses Collection in Sire**, $12, *kissusa.com*

Love Story

To complement her portrayal of Queen Ramonda in *Black Panther: Wakanda Forever*, Angela Bassett's team chose "royalty" as the theme for many of her awards-season outfits, including this vibrant purple Moschino moment at the Oscars. But her makeup? It was pure romance. She's "a woman in love with love," makeup artist D'Andre Michael wrote on Instagram of his inspiration for the look. D'Andre dusted the 64-year-old star's eyelids and cheeks with rosy reds, then lined her eyes and coated her lashes in black. On her lips, he used three products to create a warm mauve hue (but using just one – such as Fenty Beauty's liquid lipstick in RiRi – is a way to simplify the process). Celebrity hairstylist Randy Stodghill finished Angela's award-worthy look with bouncy, brushed-out curls that he crafted with a 1½-inch curling iron. Perfection! ►



FROM LEFT: GILBERT FLORES/GETTY IMAGES; LEXIE MORELAND/GETTY IMAGES



1. Virtue Healing Oil, $60, *sephora.ca* **2. YSL Beauty All Hours Foundation in MN10**, $76, *yslbeauty.ca* **3. Trinny London Eyetallics in Fortuna**, $32, *trinnylondon.com/ca* **4. Gucci Rouge à Lèvres Satin Lipstick in 104 Penny Beige**, $61, *gucci.com*

Bronze Age

To present the best actress award to Michelle Yeoh at the Oscars, Halle Berry showcased a beauty palette that matched the rose-gold rosettes on her Tamara Ralph gown. "I wanted the eyes to be the focal point with a harsh crease but added some fun with a sparkling eyelid," said makeup artist Jorge Monroy in a chat with *InStyle*. Jorge blended several different shades on Halle, 56, to create the warm bronzed effect, including creamy rose-gold and deep bronze eyeshadows, smudging colour into the outer corners of her eyes and on her bottom lash line. On her lips, he turned to a brown lip pencil, a nude lipstick and a hint of gloss. Hairstylist Sara Seward played up her sexy smoky eyes by parting Halle's hair to the side and prepping it with curl-defining cream to get the most out of her natural texture. She also added Virtue Healing Oil to protect the hair, then formed finger waves and set them in place. Once the hair was dry, Sara added more oil for shine and spritzed it with hairspray to lock in the shape.

Heavy Metals

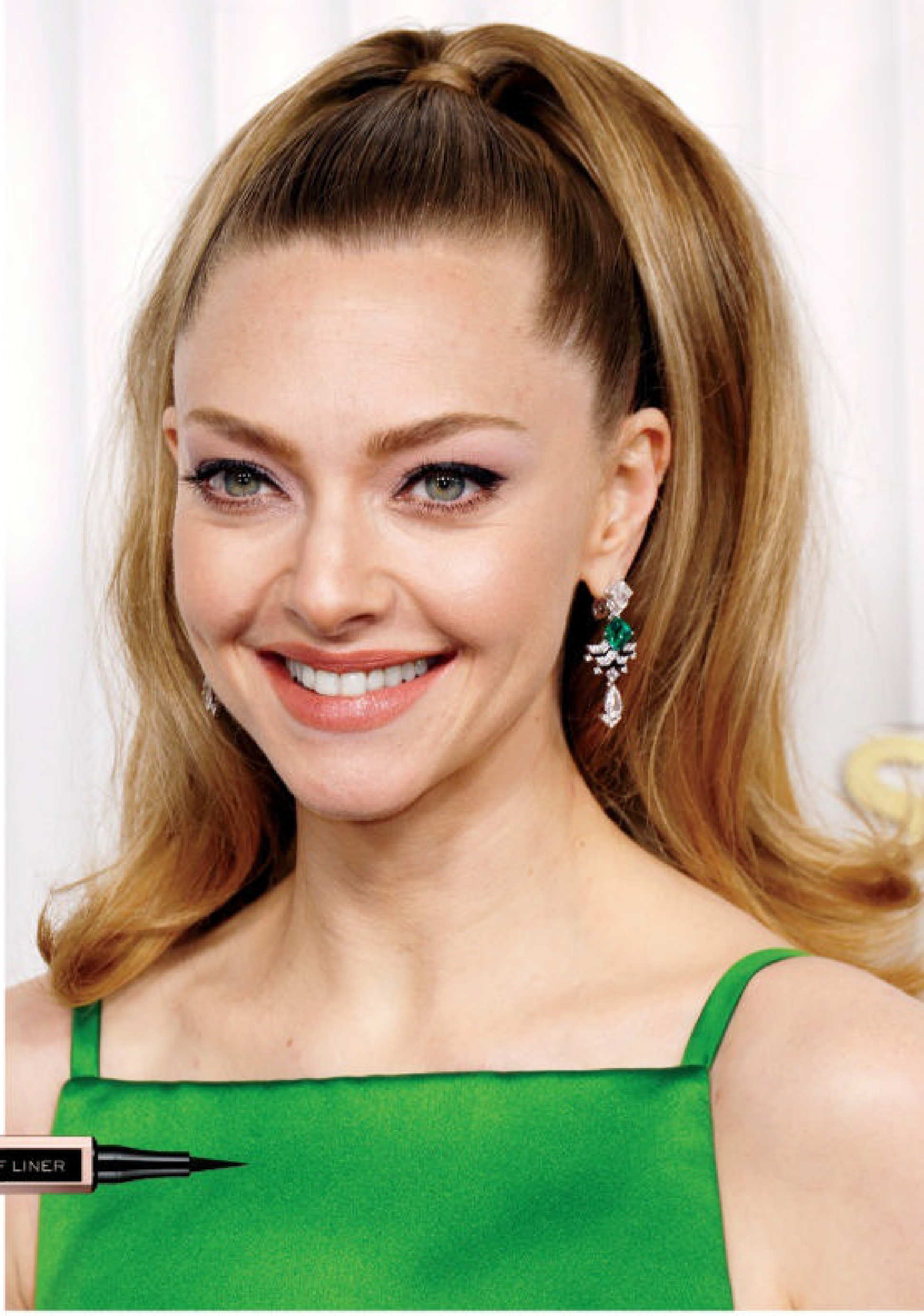
Silver was the "It" manicure colour of the season, with stars like Jennifer Coolidge and Eva Longoria hopping on the trend. Jessica Chastain, 46, also chose a metallic polish to match her custom sequin Gucci gown at the Oscars. To create the look, nail artist Julie Kandalec started with a black base for depth, then painted dark silver sparkles on top for texture. Meanwhile, makeup artist Kristofer Buckle was also inspired by Jessica's silver dress, telling *InStyle* it reminded him of "the screen sirens of the golden era of Hollywood." To complement the vibe, he opted for "glossy lids, lush lashes, sculpted arched brows and bold red lips." His red of choice? Charlotte Tilbury's Matte Revolution Lipstick in Red Carpet Red – a classic ruby hue. Finally, the style statement came together with help from hairstylist Renato Campora, who gave the star Veronica Lake waves by protecting her hair with Sisley-Paris The Cream 230, blowing it out and then pinning her mane in curled sections and letting them cool. Renato then brushed out the curls and ran oil through the ends for polish and shine.

1. Charlotte Tilbury Matte Revolution Lipstick in Red Carpet Red, $44, *charlottetilbury.com* **2. Londontown Enhanced Colour in Dishy Splendour**, $18, *shoppersdrugmart.ca* **3. Hair Rituel by Sisley-Paris The Cream 230**, $137, *sisley-paris.com* **4. Merit Clean Lash Lengthening Mascara in Perfect Black**, $34, *meritbeauty.com*

Retro Revival

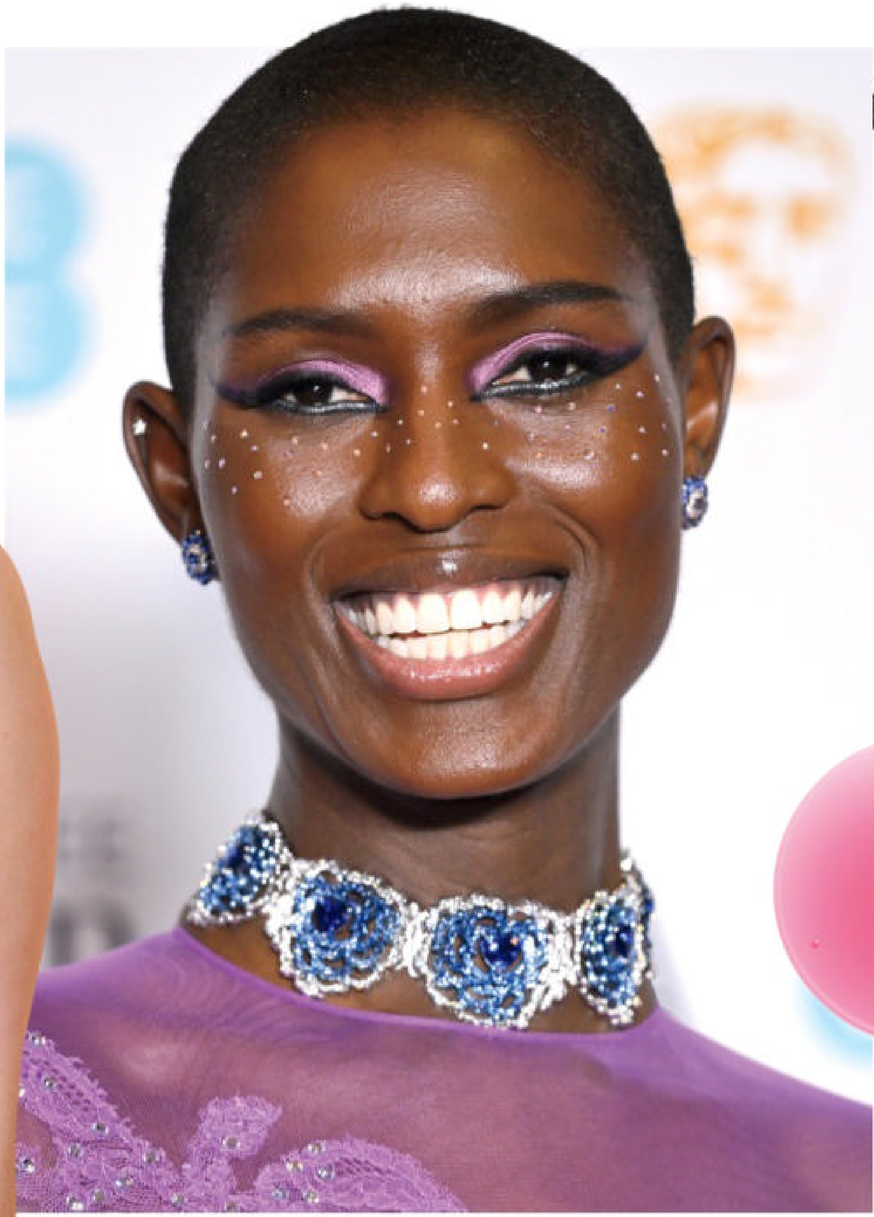
All eyes were on *The Dropout*'s Amanda Seyfried, 37, at this year's SAG Awards when she arrived wearing a green Prada minidress with a voluminous ponytail. The beauty moment was inspired by Catherine Deneuve in the 1967 film *Belle de Jour*, with her sky-high hair as the focal point. The secret? "Start with a really good set [of extensions]," her hairstylist, DJ Quintero, told *People*. "Then it's a lot of teasing and hairspray." He used Living Proof Full Dry Volume & Texture Spray to add a bit of grit to the hair while keeping it fluffy, then secured the star's mane in a ponytail at the crown of her head. He also wrapped the pony base with Amanda's hair to hide the elastic band. The flipped-out ends added to the retro feel. To stay on theme, makeup artist Genevieve Herr painted soft peachy-nude lips and a black cat's eye using Lancôme Paris Idôle Ultra Precise Waterproof Liner. The overall effect was very '60s French seductress.

1
drybar
2
Living proof.
full
dry volume & texture spray
3
GUERLAIN
TERRACOTTA LE TEINT
4
IDÔLE ULTRA PRECISE WATERPROOF LINER



1. Drybar Texas Tease Teasing Brush, $24, *sephora.ca* **2. Living Proof Full Dry Volume & Texture Spray**, $46, *sephora.ca* **3. Guerlain Terracotta Le Teint in 3C**, $72, *guerlain.com* **4. Lancôme Paris Idôle Ultra Precise Waterproof Liner in Black**, $32, *sephora.ca*

FROM LEFT: ARTURO HOLMES/GETTY IMAGES; KAYLA ODDAMS/GETTY IMAGES; KARWAI TANG/GETTY IMAGES; FRAZER HARRISON/GETTY IMAGES



1
24/7 INKS
2
ARDENE
Face gems
Bijoux pour le visage
3
NYX PROFESSIONAL MAKEUP
FAT OIL lip drip
4

1. Urban Decay 24/7 Inks Vegan Liquid Eyeliner Pen in Zero, $33, *sephora.ca* **2. Face Gems in Multi**, $7, *ardene.com* **3. NYX Professional Makeup Fat Oil Lip Drip in Missed Call**, $14, *nyxcosmetics.ca* **4. Charlotte Tilbury Colour Chameleon in Amethyst Aphrodisiac**, $36, *charlottetilbury.com*

Gem Fatale

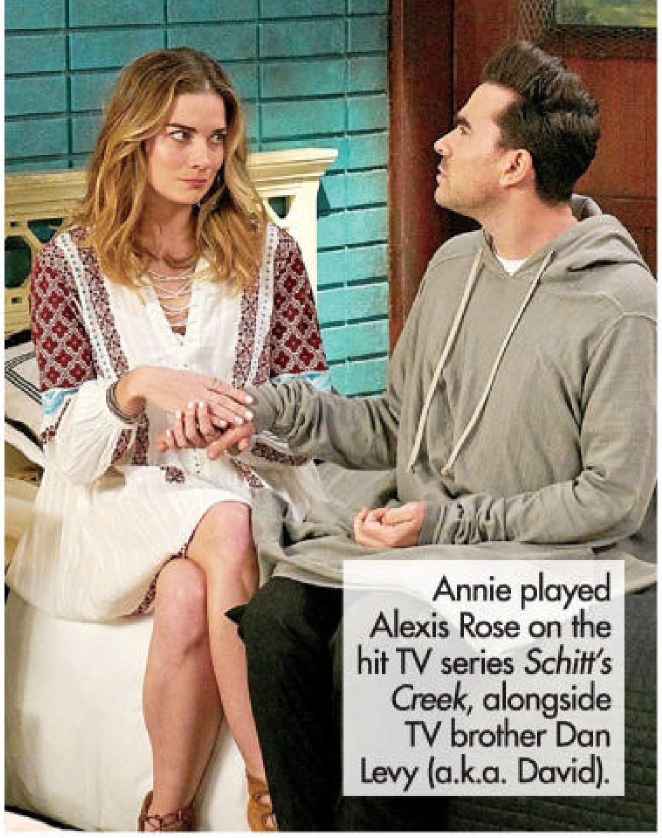
Trust red-carpet darling Jodie Turner-Smith to have a little fun with her makeup. At the BAFTA Awards, the British actress, 36, opted for a bold beauty choice: crystal freckles. "Jodie is so open to ideas and loves trying new things," her makeup artist, Joey Choy, told *Harper's Bazaar*. "She always loves a statement look on the red carpet. She is my fantasy come true." To affix the sparkle freckles, Joey applied lash glue to small gemstones and dotted them on the cheeks and nose, where the sun would naturally hit. Joey then balanced the fantastical effect with a dazzling eye: a purple lid using Charlotte Tilbury's Colour Chameleon in Amethyst Aphrodisiac, plus a layer of sparkly purple shadow over top. She added an exaggerated wing and fluffy black lashes to finish the eye, then slicked Jodie's lips with sheer pink lip gloss.

Exclusive

NORTHERN LIGHT

Inimitable *Schitt's Creek* star Annie Murphy chats self-esteem, skin-care must-haves and fun with the Backstreet Boys

By Andrea Karr



Annie played Alexis Rose on the hit TV series *Schitt's Creek*, alongside TV brother Dan Levy (a.k.a. David).

When Annie Murphy walks into a room, she's effortless, quirky and cool all at once. As you might expect from a proudly Canadian actress, she's also approachable – even though she has won an Emmy and a SAG Award for her role on *Schitt's Creek* and has big-name fans like Mariah Carey, Paul Rudd and Keith Urban.

At Dove's #ChangeIsBeautiful pop-up in Toronto, she radiates positivity, wearing wide-legged jeans and a sheep-print sweater (a style first made famous by Princess Diana in 1981). "My friend's mom made this for me!" she gushes, settling cross-legged into an armchair.

The actress is a spokesperson for Dove's latest campaign – one that she relates to at her core. "Over the past couple of years, Dove has been pushing body positivity, self-esteem and inclusivity for all different ages, bodies and races," she says. "It felt like such an alignment with how I try to look at the world and live in it."

Here, she talks about her own struggles with self-esteem and how she approaches aging, plus all the products she uses on her skin at home. She also shares what it was like to hear her childhood crush use her *Schitt's Creek* catchphrase, "Ew, David," in front of an audience of thousands.

Was there ever a time when you struggled with your self-esteem? I'm 36, and even now I wrestle with self-esteem issues on a daily basis and feeling fully comfortable in my skin and in my body. I think that's a human condition. It's something you constantly work on. And I think that's an OK thing, to be constantly working on it.

In terms of your skin-care routine, what do you do to make yourself feel confident? I get really overwhelmed with all of the products out there. There's so much I don't know about. Also, since I have sensitive skin, it's taken a while to find out what works for me. Simple is best – like three steps and that's it. I've been using Caudalie – their moisturizer,

> 'Change is inevitable. Aging is inevitable. And aging means that you're alive, which is something that I'm very grateful for'

their very lovely facial mist. It's a bit expensive, but it's so good and it lasts a long, long time. I've also been using the Qure LED mask. I strap that on and frighten whoever might be in my personal space for six minutes a day. There's also the Ziip [a hand-held facial device]. It has microcurrent. And I just did Morpheus8 for the first time – it's microneedling and laser. I haven't done the Botox thing yet. I feel like I'd do it and then be like [*Gremlins voice*], "I need more!"

What else do you do for sensitive skin? I have to flip-flop between dealing with my sensitivity and needing moisture. I love the winter so much. I love being outside. I love the snow. I love the cold. Canadian girl over here. But it immediately takes a toll, and my skin looks like I've aged 75 years in an hour. Dove's Deep Moisture Body Wash has been really helpful with dry, cracked skin.

Being in such an appearance-focused industry, is aging something you're struggling with? Yes and no. It's a thing that I'm trying not to be struggling with because it's inevitable. Change is inevitable. Aging is inevitable. And aging means that you're alive, which is something that I'm very grateful for. But, you know, seeing that you are, in fact, a mortal human that is experiencing the test of time is sometimes hard to reckon with. I remember noticing my laugh lines a bunch of years ago and being like, "I gotta get rid of them! I gotta get rid of them!" But now I'm trying to be a more optimistic version of that, which is like, "I got these having a really great time." I'm trying to flip the script a little bit and look at it more along those lines. But good days and bad days.

Do you have a beauty or style icon? I love Victoria Beckham's style. There's also a woman I follow on Instagram. I don't necessarily think she's an icon, but she's my icon. Her name is Polly Sayer (@pollyvsayer). She's this very cute British girl with fantastic style.

During your time on *Schitt's Creek*, were there any beauty or style tricks you learned? Taking a little bit of time to take pride in the way you're presenting yourself to the world can change your energy for the day.

I know you met A.J. McLean from the Backstreet Boys last summer, and he's your biggest fan. What was that like? It's truly one of those things where you're like, if 11-year-old me knew this was going to happen, I think I would have died. He'd invited me [to the concert in Toronto], but I'd obviously already bought tickets, like six months before. His people said, "But he still wants to give you a backstage pass and here's his number." *Here's his number.* So I'm texting with A.J. from the Backstreet Boys. And then, during the concert, I thought I heard someone onstage say, "Ew, David." And then a row of women in front of me turned back and said, "He just said, 'Ew, David!'"

Because he loves you so much. He loves the show so much. I think he's watched it like six times.

Can we talk about what's coming up for you this year? Well, I hate when people say in an interview, "I have something really exciting coming down the pike but I can't talk about it." But I have something really exciting coming down the pike. It's being released in June.

What about personally? Travel!

Are you going somewhere? I'm not going somewhere! [*Laughs*] But I hope to be. I hope to be travelling. I hope for more employment. One of the things that's nice and terrifying about this business is that you don't know where you're going to be at any given time. I could get a phone call tomorrow that could change the whole rest of my year. So, much like the laugh lines, I'm trying to be like, "This is good. Not knowing is good." I'm flipping the script. "I'm not terrified! I'm excited!"

Backstreet Boy A.J. McLean is Annie's biggest fan! 'Such an amazing, genuine, kind-hearted soul,' he wrote on Instagram.

Annie's Beauty Go-Tos

1. M.A.C Cosmetics Satin Lipstick in Del Rio, $27, *maccosmetics.ca* **2. Caudalie Beauty Elixir Prep, Set, Glow Face Mist**, $62, *sephora.ca* **3. Dove Deep Moisture Body Wash**, $8, *shoppersdrugmart.ca* **4. Qure LED Light Therapy Mask**, $452, *qureskincare.com*

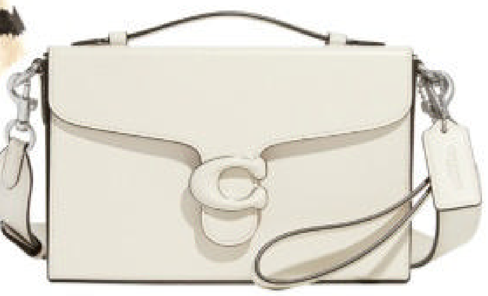
FROM LEFT: NO CREDIT; IAN WATSON/CBC/EVERETT COLLECTION; ANNIE MURPHY INSTAGRAM

FINISHING TOUCH

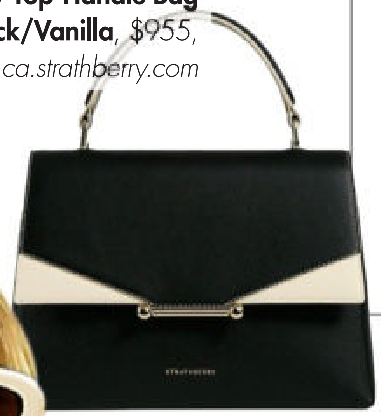
Bring your look into 2023 with spring's top accessories – from a classic handbag to a pair of fashion-forward shades

BOXY BEAUTY

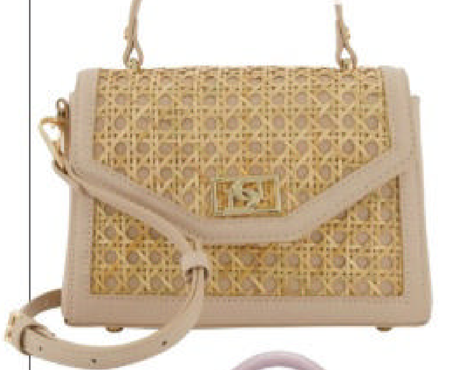
A perennial favourite of the Princess of Wales – not to mention the late Queen – the top-handle box bag has become one of the season's hottest accessories. Its structured silhouette is classic and polished, but unique textures, colours and hardware modernize the style for trendsetting fans like Zendaya (left). Keep an eye on size, because mini is in! Expect your bag to have enough room for your phone, lipstick, keys and credit card – and that's about it.



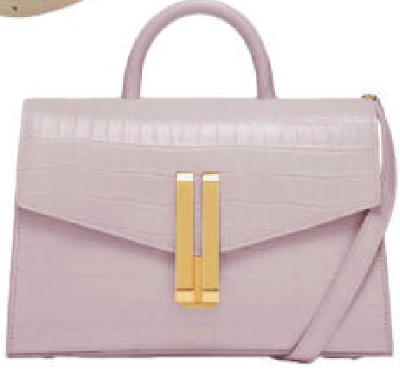
Tabby Box Bag in Light Antique Nickel/Chalk, $610, *ca.coach.com*



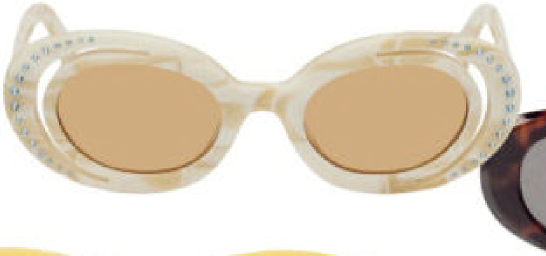
Trinity Top-Handle Bag in Black/Vanilla, $955, *ca.strathberry.com*



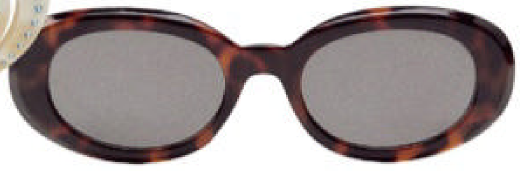
Dinkydreamland Small Rattan Grab Bag in Nude, $160, *dunelondon.com*



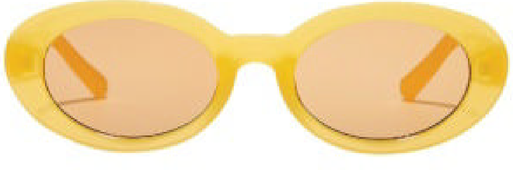
The Midi Montreal in Lilac Croc-Effect, $790, *demellierlondon.com*



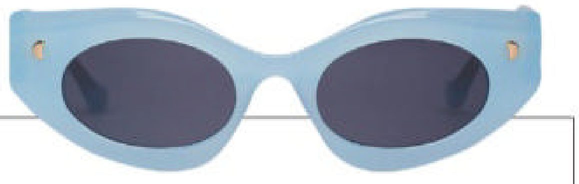
Marni Zion Canyon Sunglasses in Tortoiseshell, $380, *ssense.com*



Oval Sunglasses in Tortoiseshell, $36, *zara.com*



Tycoon Oval Sunglasses in Golden Yellow, $19, *simons.ca*



Leonie Bio-Plastic Oval Sunglasses in Blue, $544, *nanushka.com*

THE '90S CALLED…

But they can't have their sunglasses back! Seen on the likes of style-savvy stars such as Hailey Bieber and Paris Hilton, oval shades have firmly found their place in wardrobes of the moment. To make a strong statement, go for white frames, as worn by Gigi Hadid (left), or choose a bright spring hue like sunshine yellow or powder blue. If you prefer a more subtle look, opt for black or wire-rimmed specs instead.

CLOCKWISE FROM TOP LEFT: EDWARD BERTHELOT/GETTY IMAGES; GOTHAM/GETTY IMAGES; GARETH CATTERMOLE/BFC/GETTY IMAGES; FRANZISKA KRUG/GETTY IMAGES; RAYMOND HALL/GETTY IMAGES

FRENCH CONNECTION

Accessories with French flair continue to gain traction, thanks in part to pop-culture influences (think *Emily in Paris*), which means the beret remains a streetwear staple. Celebrities like Janelle Monáe (right) have jumped on the trend, pairing it with structured pieces such as capes and military-style jackets. It also looks dashing with boxy blazers and long trench coats. Opt for wool or leather in early spring, then transition to cotton, linen or straw as temperatures rise.

Cableami Braided Cotton Beret in Natural, $230, *ca.toa.st*

Carter Beret in Lilac, $405, *eugeniakim.com*

Hat Attack Wool Beret in Pale Blue, $80, *clubmonaco.ca*

Sibi Cathy Linen French Beret Hat in Ivory/Black, $181, *wolfandbadger.com*

TOO COOL FOR SCHOOL

In the early 20th century, Brown Shoe Company coined the term "Mary Jane" for its round-toed flat with straps – a shoe worn by a comic-strip character named (you guessed it!) Mary Jane. The style became a schoolgirl classic, but it's been reinvented for adults. The latest iteration comes in a range of shades and heights – platforms are chic! – and has a flock of famous fans, Alexa Chung (left) among them.

Gucci Horsebit Mary Jane Heels in Wild Rose, $1,270, *ssense.com*

Patent Buckled Mary Jane Flats in Yellow, $76, *charleskeith.com*

Anjie Heeled Mary Janes in Blue, $130, *aldoshoes.com*

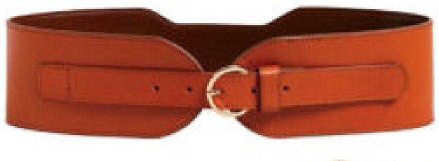
Roger Vivier Très Vivier Crystal-Embellished Patent-Leather Mary Jane Pumps in White, $1,782, *net-a-porter.com*

TOTAL CINCH

Wearing a belt cinched tight at the natural waist is an easy hack for creating a feminine shape – for proof, see Cate Blanchett (left)! And this season, the wider the belt, the better. For the most flattering effect, choose a belt in a similar hue to your outfit (head-to-toe monochrome is in) and wear it with a loose dress, an oversized blazer or a flowing skirt.

Leather Corset Belt in Deep Chocolate, $199, *bananarepublic.ca*

Ora Women's Vegan Wide Belt in Sage, $45, *mattandnat.com*



Elzbeth Wide Waist-Shaped Belt in Brown, $100, *tedbaker.com*

Alaïa Cut-Out Leather Belt in White, $2,367, *mytheresa.com*

MOOD AWAKENING

This spring, a fresh breath of aromatherapy could be the key to de-stressing your body and boosting your spirits

By Kaysey Davis

Essential oils are often sourced for their natural perfumes, but these powerful plant extracts may also improve your well-being. "Adding a scent to your space that's positive, mood boosting or relaxing can complete the self-care process and really set the tone for the rest of your day," says Celine Tadrissi, founder of Hammam Spa, who formulates her own blends for use in treatments and in her skin-care line, Céla.

Whether you're inhaling them from a diffuser or applying them topically via beauty products, essential oils need to be used in the right blend and alongside a ritual that soothes your mind and body. There's a bevy of oils and beauty products on the market, so here's a quick refresher on how to incorporate them into your wellness routine.

Lavender & Moonflower Diffuser, $130, *jomalone.ca*

Becalm Bubble Elixir, $32, *bathorium.com*

Sleep Calming Pillow Mist, $18, *thebodyshop.ca*

Goodnight Grounding Diffuser Blend, $20, *saje.com*

Sleep Calm and Carry On

Consistent bedtime habits can mean the difference between waking up on the right or wrong side of the bed, which is where relaxing activities like reading and meditation come in. But have you tried adding a signature scent to your routine? It will elevate the experience and signal to your body that it's time for sleep. "Use essential oils like lavender, valerian and camomile, which are known to induce feelings of deep relaxation and calm," says Trevor T'úýtemken Ellestad Van Somer, director of PR at Saje Natural Wellness. Spritz your pillow with a lavender-infused mist or take your cue from Gwyneth Paltrow, who uses essential oils in her bath.

YOUR MANTRA
'Every breath brings calm to my body and my mind'

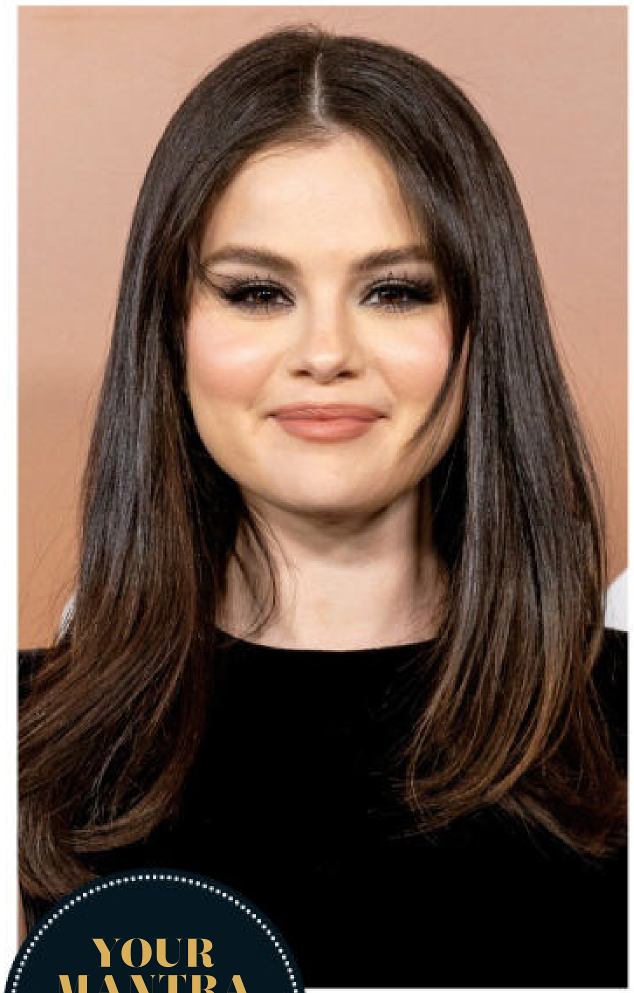
FROM LEFT: ANASTASIIA KRIVENOK/GETTY IMAGES; STEVE GRANITZ/GETTY IMAGES

Walking on Sunshine

If you're looking for something to cure morning grogginess or get you over that midday slump, an uplifting blend could be the answer. "Opt for citrusy essential oils, like lime and grapefruit, for energy and cheeriness," says Trevor. Spritz these zesty scents in your shower (Selena Gomez brightens her morning with a blend of lemon and eucalyptus) or add a few drops to your diffuser to give yourself an afternoon pick-me-up. If citrus seems too intense, try clean, woodsy oils, such as pine and black spruce. They pair well with fruity scents by adding balance but can also stimulate your senses on their own with their fresh and invigorating fragrances.

Energy Boost Perfume for Diffuser, $20, *dansunjardin.com*

Nord Oil, $26, *shoplohn.com*



YOUR MANTRA
'I radiate and attract positive energy'

Black Spruce + Fir Balsam Essential Oil Incense, $16, **and Lunar Incense Holder**, $14, *provinceapothecary.com*

Camphor + Cashmere Reed Diffuser, $30, *sojaco.ca*

YOUR MANTRA
'I have done more than enough today'

Keys Soulcare Sage + Oat Milk Candle, $62, *sephora.ca*

Sage Bath and Body Oil, $32, *selvrituel.com*

Céla Essential Balm, $45, *thisiscela.com*

De-stress Express

You don't need to spend an hour meditating to reap the benefits of mindfulness. In fact, a mini breathwork session of just five minutes can help relieve stress and increase focus. "If you can take a few minutes throughout the day for yourself, then whatever the next step is, you will enter it in a much more positive space," says Celine. She recommends using lavender and bergamot to de-stress. Clary sage is also known for "balancing and calming the nervous system," says Trevor, and it's a top note in the Keys Soulcare candle that Kerry Washington loves using in her self-care routine. H

MIST CONNECTION

Transform your space into a spa-like sanctuary with the ultimate aromatherapy tool: a diffuser!

MINDFUL MISTER

A classic ceramic diffuser provides an easy way to fill your room with feel-good fragrance – and it looks good, too. The Aroma Om has an LED light around the base that recreates the glowy ambience of a candle without the flame.

Aroma Om, $98, *saje.com*

GOLD STANDARD

Love to roam around your home as you work? Enter the Vitruvi x Mejuri Move cordless mister, which is beloved by stars like Sarah Jessica Parker, who used it on the set of *And Just Like That*…. It lasts up to eight hours, so you won't have to refill it halfway through the day.

Vitruvi x Mejuri Move Cordless Essential Oil Diffuser, $182, *mejuri.com*

WATERLESS WONDER

The ultimate nightstand accessory, this handmade stone diffuser will soothe your senses with just a few drops of essential oils on its surface – no water or charging necessary.

Scent Pebble, $26, *shoplohn.com*

FROM LEFT: EMMA MCINTYRE/GETTY IMAGES; DIA DIPASUPIL/GETTY IMAGES; STEVE GRANITZ/GETTY IMAGES

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Sweet sensations

Take Easter indulgences to the next level with inspired recipes that everyone will love

EASTER EGGY BREAD

CO-ORDINATED BY SARAH HAMILTON-WALKER

Serves **2**
Cooking time **10 minutes**

INGREDIENTS
- 2 medium eggs
- 3 tbsp milk
- 2 tsp caster sugar, plus 2 tsp extra for the compote
- a pinch of cinnamon
- 2 hot cross buns
- 8 oz (225 g) mixed berries (raspberries, blueberries and halved strawberries)
- a few drops of vegetable oil
- Greek yogurt and honey, to serve

1. In a wide, shallow bowl, beat together the eggs, milk, 2 tsp of sugar and cinnamon. Use a bread knife to horizontally cut each hot cross bun into 3 slices.
2. Place the bun slices in the egg mixture and leave to soak for 5 minutes, turning occasionally until all the egg has been soaked up.
3. To make the compote, cut the strawberries into halves or quarters and place in a small pan with the raspberries and blueberries. Add 2 tsp of sugar and mix well. Place over a gentle heat and slowly bring to a boil. Simmer for 2 minutes before spooning into a serving bowl or jug. Leave to cool.
4. Heat a medium, non-stick pan, then add a few drops of oil and swirl around the pan. Pick up the hot cross buns and cook in the pan for 2 minutes until the bases are golden. Turn over with a spatula and repeat until both sides are golden and crisp.
5. Transfer to serving plates. Serve 3 slices per person and spoon over the warm compote. ►

SPICED MANGO LAYER CAKE

Serves **12**
Cooking time **1 hour 55 minutes**

INGREDIENTS

For the mango curd

- 4 egg yolks
- 4 tbsp golden caster sugar
- 1 mango (about 7 oz), peeled and puréed
- 4½ oz (125 g) unsalted butter, cubed

For the sponge

- 1 mango (about 5 oz), peeled
- 5½ oz (160 g) golden caster sugar
- 4¼ oz (120 g) light soft brown sugar
- 3¼ oz (80 g) clear heather honey
- 9 oz (250 g) unsalted butter, softened
- 5 large eggs
- 1½ tsp vanilla bean paste
- 1 lb (450 g) plain flour
- 2 tsp baking powder
- ½ tsp ground cardamom
- 2 tsp cinnamon
- 4 tbsp mango kefir

For the syrup

- 6 oz (175 g) golden caster sugar
- 3 tbsp Drambuie

For the cream cheese frosting

- 7 oz (200 g) unsalted butter, softened
- 7 oz (200 g) soft cheese
- 14 oz (400 g) icing sugar, sifted
- 2 tsp vanilla bean paste
- 4¼ fl oz (120 ml) Drambuie

1. Start by making the mango curd for the filling. Whisk the egg yolks, sugar and mango purée together in a heavy-based pan and heat very gently, stirring continuously until the mixture thickens. Do not allow it to become too hot – otherwise the eggs will scramble. Once the sugar has dissolved, add the butter, a bit at a time, and continue to stir until it has melted and the mixture coats the back of a wooden spoon. Run your finger down the back of the spoon; if the line stays, it is ready. Pour into a jug and set aside to cool.

2. Preheat the oven to 300° F. Grease and line three 8-inch cake pans with greaseproof paper. Finely dice the mango for the sponge.

3. In a large bowl, beat the sugars and honey into the butter until well combined. Beat in the eggs and the vanilla bean paste, then fold in the flour, baking powder and spices. Stir through the mango kefir, adding a little more if the mixture seems too thick. Fold through the diced mango.

4. Divide the mixture among the prepared pans and bake in the preheated oven for 25 minutes until a skewer inserted into the middle comes out clean.

5. Meanwhile, make the syrup. Dissolve the sugar in the Drambuie and 7 oz (200 ml) water in a small saucepan over low heat, then bring to a boil and simmer for 5 minutes.

6. When the cakes are cooked, remove from the oven, poke holes with a skewer all over the cakes, then pour the syrup over the sponges while still warm. Leave the cakes in the pans for 20 minutes, then leave to cool completely on a rack.

7. To decorate the cake, beat together the butter, soft cheese, icing sugar, vanilla bean paste and Drambuie until smooth. Spread 2 of the cakes with a layer of the mango curd. Sandwich one on top of the other, then top with the remaining plain cake. Use the frosting to ice the top of the cake, using a palette knife to swirl through more mango curd.

MINI EGG SHORTBREAD COOKIES: EXCERPTED FROM CAKE & LOAF GATHERINGS : SWEET AND SAVOURY RECIPES TO CELEBRATE EVERY OCCASION BY NICKEY MILLER AND JOSIE RUDDERHAM. COPYRIGHT © 2023 NICKEY MILLER AND JOSIE RUDDERHAM. PHOTOGRAPHY AND ILLUSTRATIONS BY NICKEY MILLER. PUBLISHED BY PENGUIN, AN IMPRINT OF PENGUIN CANADA, A DIVISION OF PENGUIN RANDOM HOUSE CANADA LIMITED. REPRODUCED BY ARRANGEMENT WITH THE PUBLISHER. ALL RIGHTS RESERVED.

SWEET AND SAVOURY RECIPES TO CELEBRATE EVERY OCCASION
Cake & Loaf
GATHERINGS
NICKEY MILLER • JOSIE RUDDERHAM

In *Cake & Loaf Gatherings*, Hamilton bakery owners Nickey Miller and Josie Rudderham promise to bring sweetness to your next festive feast, with mouth-watering recipes for cookies, dessert bars and, yes, plenty of cakes and loaves.

MINI EGG SHORTBREAD COOKIES

Makes **3½ dozen 2-inch cookies**
Preparation time **10 minutes**
Cooking time **16 minutes**

INGREDIENTS
- 1 cup unsalted butter, at room temperature
- ½ cup icing sugar
- ½ cup cornstarch
- 1 tsp vanilla bean paste
- ¾ tsp salt
- 1⅓ cups all-purpose flour
- 1½ cups (10 oz) lightly smashed milk chocolate candy mini eggs

1. Preheat the oven to 350° F. Line 2 baking sheets with parchment paper or silicone baking mats.
2. In the bowl of a stand mixer fitted with the paddle attachment, lightly cream the butter on medium-high speed just until it is smooth, 1 to 2 minutes. Do not incorporate air into the butter. Scrape down the sides and bottom of the bowl.
3. Add the icing sugar, cornstarch, vanilla bean paste and salt and beat on low speed, gradually increasing to medium-high speed, until the mixture is smooth and no chunks remain, 1 to 2 minutes. Scrape down the sides and bottom of the bowl. Add the flour and mini eggs and mix on low speed, gradually increasing to medium-high speed, until the flour is fully incorporated without whipping air into the dough, 1 to 2 minutes.
4. Scoop 21 1½-tbsp portions of cookie dough onto each prepared baking sheet, leaving a little space between them. Gently press down on the cookies to flatten them to a ¾-inch thickness. Bake, 1 sheet at a time, for 12 to 16 minutes or until very lightly browned around the edges. Cool the cookies completely on the baking sheets.

EASTER GINGER COOKIES

Makes **15 cookies**
Cooking time
25 to 30 minutes

INGREDIENTS
- 2½ oz (65 g) soft butter
- 2 oz (50 g) soft dark brown sugar
- 4 tbsp golden syrup
- 1 egg yolk
- 6 oz (175 g) plain flour
- 1 tsp ground ginger
- 8½ tsp baking soda
- a generous pinch of salt

To decorate
- icing sugar
- water
- orange, pink, yellow and green food colouring

1. Measure the butter and sugar into a large bowl and beat with an electric whisk until pale. Add the golden syrup, egg yolk, flour, ginger, baking soda and salt and beat until a dough forms.
2. Mould the dough into a large ball with your hands, wrap in plastic wrap and chill for at least 30 minutes.
3. Preheat the oven to 350° F and line 2 baking sheets with non-stick paper.
4. Place the dough on a floured work surface. Starting in the centre and rolling evenly outward, roll the dough to a thickness of about ⅛ inch. Cut into shapes using cookie cutters. Reroll all the trimmings until the dough is used up.
5. Place the cut shapes on the prepared baking sheets and bake in the preheated oven for about 10 minutes until golden.
6. Remove from the oven and leave to cool slightly on the tray before transferring to a wire rack to cool completely.
7. Once cooled, decorate the cookies. Mix the icing sugar with water to make a paste and divide among 5 small bowls. Add a few drops of food colouring to 4 of the bowls, keeping 1 white, to create your Easter-coloured icings. Once mixed, add the icing to piping bags fitted with small nozzles and create your own designs. **H**

EASTER GINGER COOKIES: REPRINTED WITH PERMISSION FROM ANNABEL KARMEL'S FUN, FAST AND EASY CHILDREN'S COOKBOOK BY ANNABEL KARMEL, WELBECK PUBLISHING, 2021. PHOTO CREDIT: ANT DUNCAN.

Annabel Karmel's
FUN FAST & EASY
CHILDREN'S COOKBOOK
Delicious step-by-step recipes to cook together

Want to make Easter a little more "egg-citing"? Bestselling cookbook author Annabel Karmel's *Fun, Fast & Easy Children's Cookbook* is filled with sweet and simple holiday – and everyday – recipes that will delight the whole family.

Exclusive

MOLLY PARKER

COMING HOME

The versatile Canadian actress talks about her rural roots, life in California and her connection to one of the best TV shows ever

When Molly Parker looks back on her childhood in Pitt Meadows, B.C., her face lights up.

"I call it a hippie farm," she has said of her first home, "because it wasn't a dairy. We weren't cattle farmers. We had goats and chickens. It was a great place to grow up." And while life has taken the *Lost in Space* actress far away to the bright lights of Hollywood, there's still a little flower child in her. "I love crystals – I just do," she told broadcaster George Stroumboulopoulos. "I like the ones that hang in the window and reflect rainbows all over the house."

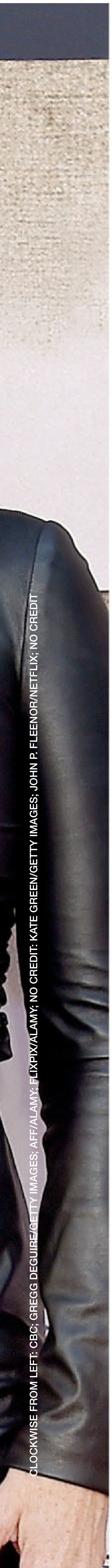
'I grew up at a time when you could get on your bike and ride it anywhere and you were bored enough to read and make things'

To this day, the *Deadwood* star and mom of William, 16 (with ex-husband, director Matt Bissonnette), remains true to her Canadian roots, whether it's visiting her family here or taking a break from blockbusters for a homegrown CBC show.

Twenty-five years ago, Molly, 50, won hearts in the network's wonderfully weird sitcom *Twitch City*, opposite Don McKellar. And now she's back with the public broadcaster in the rural drama *Essex County*. "It's beautifully written," she tells *Hello! Canada*. "The community, the people – there is a quietness to it that I really love. I felt like I knew these people."

Here, Molly chats about the roles that made her famous, her childhood and her son's "deep connection" to Canada.

In *Essex County*, you play a nurse named Anne. What drew you to the character? She feels familiar to me in a way. You could describe her as a woman



CLOCKWISE FROM LEFT: CBC; GREGG DEGUIRE/GETTY IMAGES; AFF/ALAMY; FLIXPIX/ALAMY; NO CREDIT; NO CREDIT: KATE GREEN/GETTY IMAGES; JOHN P. FLEENOR/NETFLIX; NO CREDIT

Molly and her son, William, make a rare red-carpet appearance at the 2018 première of *Lost in Space*. While based outside of L.A., the duo often spend time in Canada, and Molly shot her latest TV miniseries, *Essex County* (opposite, with co-star Matia Jackett), in Ontario.

who's having a mid-life crisis, but I think that's a bit reductive. She's at this point where things need to change in her life and she doesn't know it yet.

Is the show's farm community backdrop similar to where you grew up? Yes, I grew up in the Fraser Valley, and the space between our house and the neighbour's was half a mile. We were isolated. And I think there's something about that with these characters – they're not talkers. I know those kind of people – my grandmother grew up in a small mining town in northern B.C., and my grandfather was a longshoreman – just hard-working people who don't talk all the time.

It must be a very different upbringing for your son. I grew up at a time when you could get on your bike and ride it anywhere and you were bored enough to read and make things. And growing up in a small town meant, as soon as you could, you left so that you could find the music you liked and find your people. Now we live just outside Los Angeles and, while it's certainly not rural, it's quieter than L.A. But it doesn't matter where kids live today because it's all on their devices – they don't have to go anywhere. It's 100-per-cent different.

Have you shown your son, William, what your life was like in Canada? Of course! My family is still there and all his cousins, and I shot *Lost in Space* in Vancouver. He has a deep connection to Canada.

You had such a diverse career. Which of your roles do fans love most? *Deadwood*! So many people tell me it's their favourite TV show ever. But I've had such a strange career that's been all over the place, so it really depends on the person – and if they've seen *Twitch City* or not. [*Smiles*] H

INTERVIEW: SHANDA DEZIEL

***Essex County*, which is based on a graphic novel by Jeff Lemire, currently airs on CBC and CBC Gem.**

Don't miss this week...

MOVIE DUNGEONS & DRAGONS: HONOR AMONG THIEVES

What happens when Chris Pine, Michelle Rodriguez, Hugh Grant and Regé-Jean Page get together onscreen? Fun for the audience *and* the cast. "There [were] a lot of laughs," Chris has said of the shoot – and we believe him! Inspired by the D&D game, the fantasy flick follows a group of unlikely adventurers on their quest to retrieve a lost artifact. *In theatres March 31*

MULTITUDES

ALBUM MULTITUDES

Singer-songwriter Feist returns to the scene with a sixth studio album – a deeply personal collection written during the pandemic and following the birth of her daughter and the sudden death of her dad. The result? Twelve tracks inspired by emotional and eventful recent years. The Nova Scotia native performs in Toronto and Montreal this May. *April 14*

TOUR QUEEN OF ME

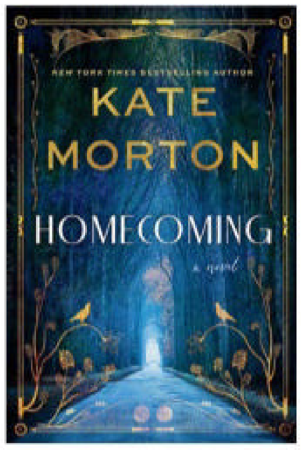
Let's go, girls! It's showtime for Shania Twain as the country-pop icon brings the international *Queen of Me* tour (named after her newly released album) to her native land. Her Canadian run kicks off in Vancouver (on May 2), with stops in Alberta, Saskatchewan and Manitoba. Fans elsewhere in the country will get to see the star later in the year, when she's set to play Toronto, Montreal and more.

TV UNSTABLE

It's a family affair – onscreen and off – for leading man Rob Lowe as he stars in a new comedy series about an eccentric biotech genius who starts working with his estranged son, played by his real-life offspring John Owen Lowe. "It's super-gratifying," says Rob of acting alongside Owen. "I'm very proud of him." *March 30, Netflix*

BOOK HOMECOMING

Bestselling author Kate Morton (*The Clockmaker's Daughter*) keeps readers guessing with her latest, a tale set in her native Australia. At its heart is Jess, a journalist who comes home to care for a loved one, but finds herself drawn into a mystery when she discovers a family link to a shocking unsolved crime. Claire Foy (*The Crown*) narrates the audiobook. *April 4*



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Quebec City

STAR ESCAPES

History, beauty and European flair collide along the banks of the St. Lawrence River

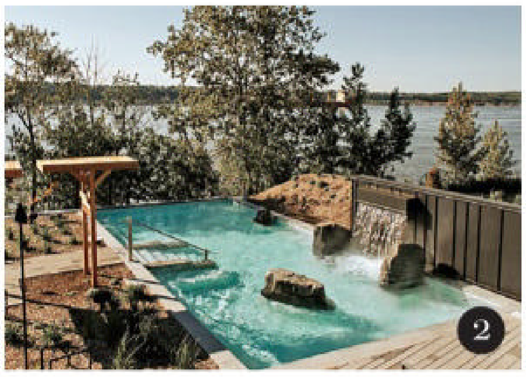
By Suzanne Wintrob

EXPLORE

Dating back more than 400 years, the walled city of Old Quebec beckons with hilly, cobblestoned streets and exquisite architecture. Stroll the picturesque Quartier Petit Champlain (**1**) for local artisans, bistros and nearby galleries. Outside the city walls, the striking Parliament Building offers free tours, while trendy Rue Saint-Jean delights with boutiques and buskers.

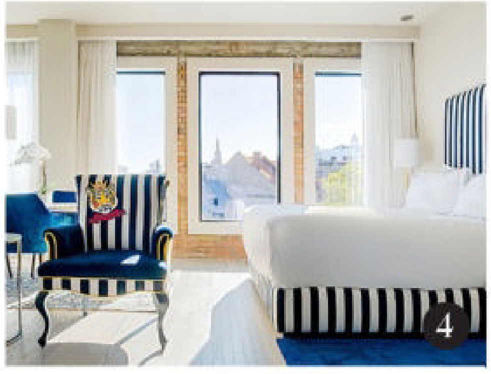
INDULGE

After a busy day of people-watching (Place des Canotiers and the Plains of Abraham are go-to spots), relax at the Strøm Nordic Spa (**2**), with its riverside infinity pool, Finnish saunas and soulful treatments like the seaweed body wrap to stimulate circulation and eliminate toxins. Then head to the lively Saint-Roch district for a tour of Apikol, a distillery that specializes in honey-infused spirits (tastings included!).



TASTE

Poutine, eh? The city offers every possible topping – at Frite Alors!, you can order a Korean version topped with minced beef, bulgogi sauce and kimchi. At chic Don Vegan (**3**) – Quebec City's first entirely vegan eatery – the Don Stir Fry is a scrumptious combo of ginger-marinated tofu, thinly sliced veggies and coconut milk served on rice noodles. And at Restaurant Alentours, ingredients on the evolving five-course menu are sourced within a 150-km radius.



STAY

Perched atop Cap Diamant overlooking the river, the iconic Fairmont Le Château Frontenac is where pampered travellers lay their heads – and famous guests like Celine Dion and the Queen have suites named after them. For a touch of whimsy, hotel Monsieur Jean (**4**) delivers striped décor, mini kitchens and heated ceramic floors, while the soothing Hôtel Château Laurier Quebec has comfy rooms and an inviting lobby fireplace.

TRIP TIPS Quebec makes most of the world's maple syrup – yours to sample at sugar shacks each spring • Nearby Wendake features Onhwa' Lumina, a night walk to celebrate the Huron-Wendat Nation's traditions • You can even sail into the city on major cruise lines

What To Pack

Easy Access Crossbody Bag in Solar Orange, $44, *lululemon.com*

The Skyline Reversible Maxi Bomber in Deep Teal, $199, *ca.frankandoak.com*

LISE WATIER
LIFT & FIRM Y-ZONE

Lise Watier Lift & Firm Y-Zone High Firming Day Creme SPF 20, $88, *shoppersdrugmart.ca*

Quebec native Celine Dion has a suite named after her at the venerable Fairmont Le Château Frontenac.

CLOCKWISE FROM LEFT: CHARLES SYKES/BRAVO/GETTY IMAGES; ISTOCK; STRØM NORDIC SPA INSTAGRAM; DON VEGAN INSTAGRAM; CLAUDIO VALENTINI

A SPECIAL INTEREST SECTION BY MEDIAPLANET

Oral Health

APRIL 2023 | **HEALTHINSIGHT.CA**

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Read our Q&A with Restorative Dental Hygenist Irene Iancu on pg.3.

Dental hygiene care keeps kids smiling!

Scheduling regular appointments for your child with a dental hygienist, combined with proper oral care at home, helps prevent cavities and ensure good oral health for life.

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Learn more at dentalhygienecanada.ca

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Good Oral Hygiene Habits Keep Kids Smiling

Poor oral health causes pain and infections that make it difficult for kids to eat, sleep, and learn. Dental hygienists can help.

Janice Tober

Poor oral health is no laughing matter. The World Health Organization (WHO) Global Oral Health Status Report (2022) estimated that oral diseases affect close to 3.5 billion people worldwide, causing pain, discomfort, disfigurement, and even death.

"Oral health is definitely linked to overall health," says Donna Wells, Manager of Professional Practice with the Canadian Dental Hygienists Association (CDHA). "Research shows that there is a connection between poor oral health and serious conditions such as diabetes and heart disease. Any steps we can take to reduce inflammation in our mouths will help to limit inflammation in the rest of the body."

Oral disease doesn't only impact adults. "We need to treat oral conditions at the youngest age, as poor oral health causes pain that prevents kids from eating properly, disrupts their sleep patterns, and makes it harder for them to concentrate at school. The social stigma of bad breath, tooth loss, and speech difficulties stemming from poor oral health can also be overwhelming for kids," says Wells.

Simple solutions to keep everyone smiling

Starting young sets the foundation for good, life-long oral hygiene. "We want parents and kids to understand the importance of good oral hygiene habits from an early age so that they can keep their teeth for their whole life," says Wells.

To this end, CDHA has a set of oral care instructions for three different age milestones—from birth to age three, from ages three to six, and from ages 7 to 12—on its Dental Hygiene Canada website.

Right from the start, parents should be looking after their infant's gums, even before teeth start to appear. "Parents often don't realize that a bottle of breast milk or formula causes acid in the mouth," says Wells. "Baby's gums should be gently wiped with a clean, moist cloth to keep them healthy. Teeth generally start to come in at around six months, so then a soft brush should be used. At night, bottles should be filled with water and nothing else."

It's recommended that an appointment with a dental hygienist be made within a baby's first six months or when the first tooth appears. As preventive care specialists, dental hygienists can be a good resource for parents wanting to know the dos and don'ts of good oral care for their child. "A dental hygienist will teach you and your child how to brush their teeth and take care of their gums, and discuss how nutrition can affect their oral health. Those first few appointments also act to reduce fear of the dental chair," says Wells.

What to do as kids get older

Between the ages of three and six, parents should still brush their child's teeth. "Children don't have the dexterity at this age to do it on their own," says Wells, "so parents should let them brush first to learn how to do it, but then finish off by brushing for them."

As kids hit the 7-to-12-years-old age group, they're gaining independence and can brush on their own. Now comes the time to teach them the two-minute toothbrushing rule, twice per day. Wells offers this tip: "Getting a two-minute timer for your child works well. Perhaps it's a song on your phone that they can listen to or an egg timer."

> **We want parents and kids to understand the importance of good oral hygiene habits from an early age so that they can keep their teeth for their whole life.**

Good oral health shouldn't be a luxury

Oral health care can be expensive, and if a parent or caregiver doesn't have private dental insurance or if their child is not fully covered under a government-funded dental program, kids often lose out when it comes to having a healthy mouth. Because oral health care is so important, the Government of Canada introduced the interim Canada Dental Benefit in late 2022. It's intended to help lower oral health care costs for eligible families — those that earn less than $90,000 per year with kids under the age of 12.

"The Canada Dental Benefit can be used for any oral health care expense," says Wells. "Cleanings with a dental hygienist and fillings with a dentist, yes, but it can also be used to pay for therapy for thumb sucking, mouth breathing or a sports mouthguard."

Visit **dentalhygiene canada.ca/kids** to learn more about children's oral health and the Canada Dental Benefit plan.

Tooth Tips

A Cheesy Way to Fight Cavities

Eating hard cheese after meals or as a snack can help prevent tooth decay. Cheese protects your teeth from bacteria and has calcium that helps to rebuild your teeth!

Less Toothpaste, Peas!

Try not to put too much toothpaste on your toothbrush. Instead, use an amount smaller than the size of a pea.

This Old Brush

When your toothbrush bristles begin to spread, it's time to get a new one. An old toothbrush won't clean your teeth and gum line very well.

Fluoride is a Hero

The most important ingredient in toothpaste is fluoride. Good thing most popular toothpastes have it!

Brushin' to the Beats

You need to brush your teeth for a minimum of 2 minutes 2 times a day to do a good job. That's about the length of a song on the radio. Try it out... but avoid the classical station!

Q&A

Irene Iancu

Restorative Dental Hygienist and Content Creator, Irene Iancu, shares her personal oral hygiene tips and tricks.

Irene Iancu
Restorative Dental Hygienist & Content Creator

What are your personal tips and tricks to maintaining good oral hygiene?
Brush your teeth twice a day: Science shows that an electronic toothbrush is more effective at removing plaque and reducing bleeding.

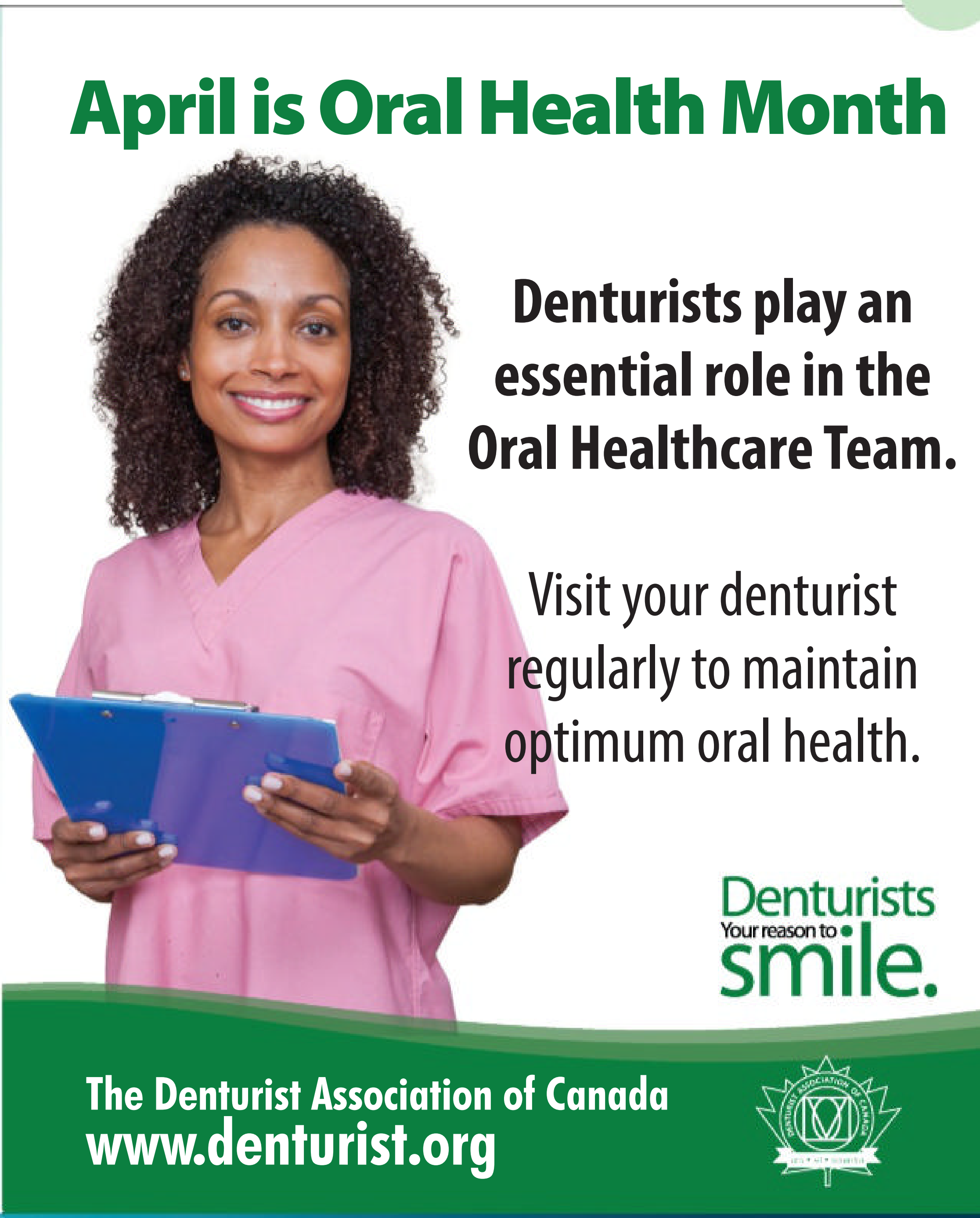
Replace your toothbrush regularly: Every three to four months or sooner if the bristles become frayed or if you get sick. Toothbrushes hold tons of bacteria so replace them often.

Use fluoride toothpaste: Controversial statement however scientifically proven. Using toothpaste containing fluoride decreases the likelihood of cavities and some assist with reducing the count of bacteria that contributes to gingivitis and gum disease.

Mouthwash that contains fewer ingredients can be a good addition to a homecare routine. However, this should be discussed with a dental professional as patients with a dry mouth, higher risk factors, and specific needs should have a tailored homecare routine, similar to that of a skincare routine.

Visit your dentist regularly and take the advice of the professionals on the frequency of your visits. Generally, adults should be seen every three to four months and most children can get away with a six-month interval however I personally can say I'm seeing kids sooner than that.

Visit **healthinsight.ca** to read the full Q&A with Irene Iancu.



April is Oral Health Month

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Chad Michael Murray

The *One Tree Hill* heartthrob and devoted dad chats about his love of Canada, his rock-star wife and why he thinks the world of Jamie Lee Curtis

By Anna Hawkins

Having grown up in the border city of Buffalo, Chad Michael Murray has always had a soft spot for Canada. So when he was cast in CTV's new drama *Sullivan's Crossing* (alongside Morgan Kohan and his *Gilmore Girls* co-star, Scott Patterson, right), he couldn't wait to introduce his family to the country.

"I love Nova Scotia," says the *One Tree Hill* star, 41, whose wife, actress Sarah Roemer, 38, and their two young children joined him in the Maritimes during filming. "It feels like home. Halifax is so magical. Not just the beautiful scenery and landscape but the people. They just accepted us and brought us in, and it was awesome."

Since reigning as one of the biggest teen TV stars of the 2000s, Chad has made family and religion his top priorities, saying, "I stick to the things I believe in." Here, he tells *Hello! Canada* about the people who make his heart sing.

JAMIE LEE AND ME

When I came on board *Freaky Friday*, I was beyond excited because I was a huge fan of *Halloween* and *True Lies*. These were films that I grew up watching. Jamie Lee Curtis is so nice and caring and respectful of everybody around her. She is, in my opinion, Hollywood royalty. My heart truly feels full seeing her have this [Oscar-winning] moment because she deserves it more than anyone I can think of.

BABY BUMPS *GIRLS*

I couldn't film the *Gilmore Girls* reboot because we were having a baby! [*Laughs*] It's one of those things where you can't really move that around. I was sitting with my wife in the hospital for 26 hours while she went through labour – and feeling absolutely useless because there's nothing men can do. I just tried not to do the wrong thing in the moment. [*Laughs*]

NOT FEELING THAT SOCIAL

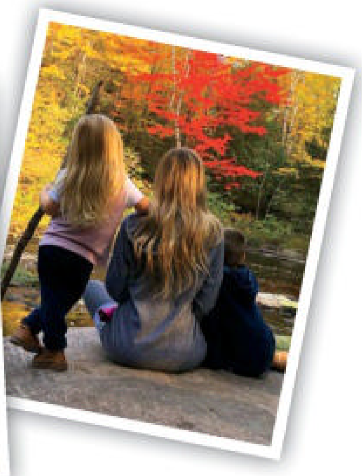
I'm not a huge fan of social media. I tend to use it as a tool. I do enjoy the sports aspects of it. I like the *SportsCenter* Top 10, and I do enjoy the occasional thing from a friend. But, for the most part, I'd like to just live in the moment.

OH CANADA!

Canadians are the kindest people – everyone takes pride in their work. I like being in environments like that, where everyone's looking out for each other and it's just friendly – they're your neighbours. You're cooking, having barbecues with people on the weekend and they're taking you out on boats – although I get sick on boats, but still, the invites were there. [*Laughs*]

HAPPIEST PLACE ON EARTH

We're big-time homebodies! But we'll take the kids to Disneyland, which we did last Friday – in the rain. [*Laughs*] Or we'll do putt-putt golf or take a family hike somewhere.

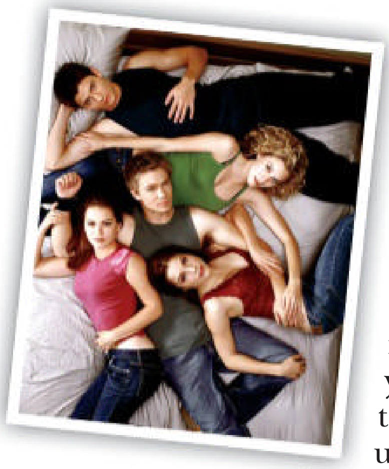


FATHERHOOD'S THE BEST!

I wouldn't trade being a dad for anything. I've been blessed to travel all over the world, but being a dad trumps it all. I'm coaching my son's football team, and we're taking our daughter to dance. We're watching movies together and having those experiences. Just being there – just being a part of it as our little pack goes on these journeys – is pretty unreal. You truly understand what love is.

MY WIFE, THE SUPERSTAR

Sarah loves being a mom, like I love being a father. We're a great pair for that reason. We love travelling together. She's the teacher, so she's doing home-schooling, and she's got our kids reading, writing, math – you name it – at levels far from where they would be normally in school. And she's able to do it in such a finite window, wherever we are in the world. She's unbelievably loving and caring. She's a rock star – an absolute gem.



ONE TREE GANG

One Tree Hill was such a big part of my life. You can kind of compare it to a college experience. My formative college years were spent on that show, growing up and learning who I was and going through different trials and tribulations. It's a big part of my identity. If I look across the room and see Hilarie Burton or James Lafferty or any of these people that I spent so long with, it's family. Whenever I see someone from that group, it just always feels like home.

MY KINDA SHOWS

I'm watching *Shrinking* right now, which I love. I think Harrison Ford is just the coolest. There's nothing he can do that's not cool. Oh, and *The Curse of Oak Island* – a Nova Scotia show! That I never miss. H

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-Kate

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always discreet
100% PROTECTION
RapidDry CORE
6 Extra Heavy
For bladder leaks
Très abondant
33 PADS SERVIETTES

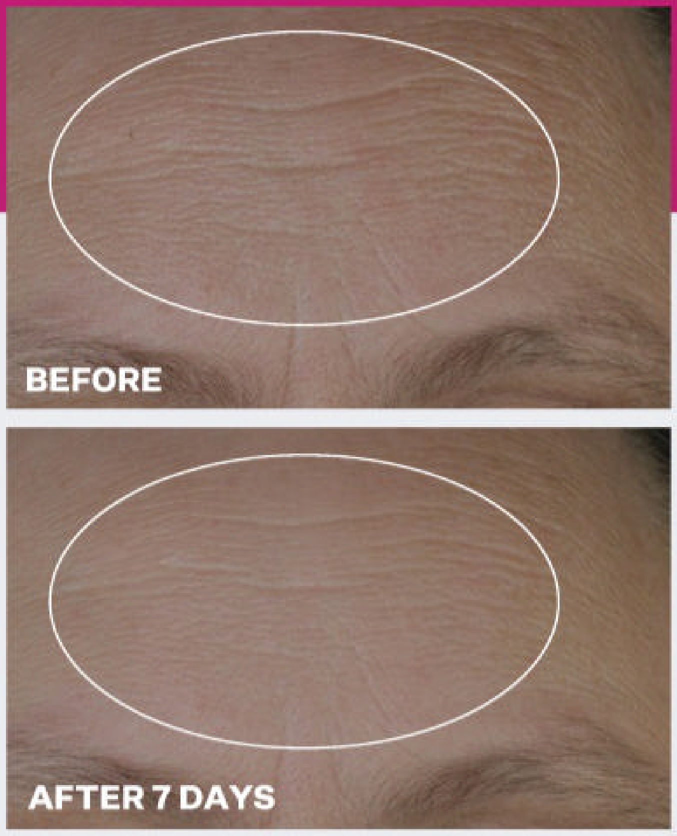
StriVectin®

NEW
NIA 114™ TECHNOLOGY
StriVectin®
anti-wrinkle
PEPTIDE PLUMP™
LINE FILLING BOUNCE SERUM
With Alpha-3 Peptide™
SÉRUM AÉRIEN COMBLEUR DE RIDES
Avec Alpha-3 Peptide™

The
NO FILLER
Line Filling Serum

96%
showed improvement in the look of **skin plumpness***

93%
showed improvement in the look of **forehead frown lines***


BEFORE
AFTER 7 DAYS

Unretouched photos. Individual results will vary.

NEW PEPTIDE PLUMP™
LINE FILLING BOUNCE SERUM

Formulated for intense line-smoothing power, this breakthrough serum with our proprietary Alpha-3 Peptide™ targets skin's natural Collagen, Elastin and Hyaluronic Acid for clinically proven, visible results.

- Lines and wrinkles appear filled in
- Skin is visibly plump, smooth and radiant

Available at Shoppers Drug Mart • StriVectin.com or call 1-800-272-2376

*Based on expert grading evaluation of 32 subjects after 8 weeks when used as directed.